

BBC

November 2023
DHS15

goodfood

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Middle East

Add a little SPICE

- Black pepper chicken with lemon yogurt
- Spiced squash & curry leaf pickle
- Cumin-scented lamb, aubergine & halloumi hotpot

*Learn a new
cooking skill*

**Glazed-and
flame-grilled**
Healthy BBQ chicken

SEASONAL STARS

- Quince-glazed brisket with hasselback potatoes
- Roasted kohlrabi traybake
- Maple pear, pecan & mascarpone roulade

CPI

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25th December 2023 | 12:30pm - 4:30pm

Luciano's Italian Restaurant

Step into our enchanting Christmas brunch at Luciano's Italian Restaurant. Create cherished family memories with relaxation and entertainment for all ages. Indulge in favorite cocktails, sushi, risotto and festive carvings. Look out for Santa and our Christmas choir, adding an extra layer of sparkling to your Christmas day!



Scan QR to view our
Festive Offerings!

Price at AED 450 per person with festive cocktails and house beverages
AED 175 per child (6 - 12 years)

For more information: +971 50 780 6342 (Call or Whatsapp)

Email: hgrs.fbreservation@habtoorhospitality.com

Welcome!

In this edition, we're all about maximising the potential of every ingredient and savouring the seasonal flavours. From insightful tips on reducing food waste to Diwali delights and make-ahead holiday gift ideas like crafting your own homemade pickle, this issue is brimming with inspiration.

Delve into the bountiful abundance of fall with our Autumn harvest recipes featuring the Maple Pear, Pecan, and Mascarpone Roulade, or opt for the cosy charm of our Plum & Apple Cobbler (page 74). For those seeking a touch of spice, we've got you covered with a Black Pepper Chicken with Lemon Yogurt (page 45). If you're in the mood for culinary exploration, flip to our Curry Club feature on page 62 for a world of diverse flavours. And for the perfect sweet ending, treat yourself to the decadent delight of Tom Kerridge's Double Chocolate Chip Cookies.

Families with selective eaters will find delight in our afternoon tea feature, featuring Honey & Mustard Sausage Rolls and a Mezze spread that's sure to please the children. Additionally, for harissa enthusiasts, enjoy five healthy recipes that embrace the fiery flair of this spicy condiment.

We remain dedicated to providing you with the latest culinary news, regional restaurant insights, trusted reviews, and a wellspring of seasonal inspiration. Don't forget to visit our website (bbcgoodfoodme.com) and cast your votes for your favourite brands at the *BBC Good Food Middle East Magazine Awards 2023*, with a chance to win our grand prize.

Happy Reading!

Nicola Monteath
Editor

These are a few of
our favourite dishes...



"These Spiced apple & blackberry hand pies pair perfectly with Earl grey or English breakfast tea."

Liz Smyth, Group Sales Director



"I've tried Jamaican curry chicken at restaurants in Dubai but never attempted it at home. This recipe is easy and apt for a Sunday night at home."

Blanche D'mello, Assistant Editor



"Aubergine Parmigiana is on monthly meal rotation in our household. I can't wait to elevate this comforting dish with Silvana Franco's tips and tricks."

Gill Fairclough, Sales Director

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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🚫 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.



Your Say

We love hearing from you!

star
letter



Happy 16th birthday, *BBC Good Food Middle East*! Your magazine has been a delightful source of entertainment. I savoured every page, especially the 'Flavours of the Month' review, which introduced me to Monno's new chef and menu – a must-try for sure! The '1 Pan Meals'

and 'Learn Something New' segments are my favourites, revealing fantastic kitchen secrets. And let's not forget the 'Healthy Diet Plan' to aid me on my health journey. Thank you for 16 wonderful years of delicious knowledge!

Mishka Harris

The latest October issue of *BBC Good Food ME* is a surprise package of eclectic features that pack quite the punch with colour and information in equal measure. Ramen is quite the on-trend food item right now and I loved the easy ramen recipe that easily explains its four cornerstones to make it possible to whip up your own delicious bowl at home. Followed by the quick leftover recipe, the condiments explainer, easy-to-make recipes, and one-pan dinners, this issue is a keeper for a single person like me who only cooks in ready-reckoner fashion and has no use for elaborate or multi-serving dishes. The tips and tricks section offered such handy ways to make life in the kitchen easier and reduce food wastage is my favourite yet. As a fan of global cuisine with an eager palate to try out new foods, I was thrilled to discover elote, Padron peppers and pandan on the pages – the last making for a stunning cover image – along with the chicken Kiev recipe. The Halloween recipes could not have been more fun and I'm definitely whipping up the spiced pumpkin Halloween cake with icing ghostly characters for my little nieces, along with the eerie eyeball jelly... boo! The Raffles The Palm Dubai had me nostalgic for the time I enjoyed the weekend stay there, which was a while ago, so I'd love to win one of your competitions.

Mary Paulose



I thoroughly enjoyed this month's issue for several reasons. First and foremost, the diverse range of recipes was fantastic. The variety of cuisines and dishes featured truly appealed to my culinary interests. The step-by-step instructions and beautiful food photography made the recipes seem approachable and inspired me to try some new dishes at home.

Linda Mustafa

WIN!






A SPECTACULAR FAMILY ROAST FOR FOUR AT GEAL'S, WORTH OVER AED1,000

Delight in a lavish family roast experience for two adults and two children, featuring a three-course set menu that includes a live carvery and delectable desserts. Begin your culinary journey with a choice of appetisers from succulent Cod bon bons, Chicken liver pâté, or a refreshing Heirloom tomato salad. For the main course, relish traditional British favorites including Fish and chips, Chicken mushroom pie, or the fresh 'Fish of the Day.' After your meal, explore the Sweet Shop for a tempting array of pastries and puddings. While the little ones can enjoy face painting and arts and crafts in the sunken garden, adults enjoy live entertainment by the talented duo, Gari Deegan and Khalil Barazi.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:      [@bbcgoodfoodme](https://www.instagram.com/bbcgoodfoodme)

Or, you could write to us at: The Editor, BBC Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

LULU'S FINEST

Simplify your everyday cooking experience with LuLu's private-label products showcasing top-tier food items and delectable flavours. Explore the delightful aroma and flavoursome notes of our biryani recipe, perfect for your upcoming get-togethers with family and friends



Chicken Biryani

Serves 4

For the chicken

500 grams Lulu chicken, cut into pieces
1 cup Lulu yoghurt (curd)
1 tablespoon Lulu ginger-garlic paste
1/2 teaspoon Lulu turmeric powder
1 teaspoon Lulu Kashmiri chilli powder (adjust to taste)
1 teaspoon Lulu garam masala
Lulu iodised salt, to taste

Rice

2 cups Lulu Premium Basmati rice, washed and soaked for 30 minutes
Water for boiling rice
2-3 Lulu green cardamom
2-3 cloves
1-inch cinnamon stick
1 bay leaf
Lulu iodised salt, to taste

Biryani layering

2 large onions, thinly sliced
1/4 cup mint leaves

1/4 cup fresh coriander leaves
1/4 cup warm Lulu fresh milk
A pinch of Lulu saffron strands
2 tablespoons Lulu pure cow ghee (clarified butter)

Biryani masala

2-3 Lulu green cardamom
4-5 cloves
1-inch cinnamon stick
1 bay leaf
1/2 teaspoon Lulu cumin whole

- 1 In a bowl, combine the chicken pieces with yogurt, ginger-garlic paste, turmeric powder, red chili powder, garam masala, and salt. Mix well to coat the chicken evenly. Cover and refrigerate for at least 2 hours, or overnight for the best results.
- 2 In a large pot, bring enough water to a boil. Add the soaked and drained Basmati rice, along with green cardamom pods, cloves, cinnamon stick, bay leaf, and salt. Parboil the rice until it's 70-80% cooked (grains should still have a bite to them). Drain the rice and set it aside.
- 3 Heat ghee in a heavy-bottomed biryani pot or a large, deep pan. Add the sliced onions and sauté until they turn golden brown and crisp. Remove half of the fried onions and set them aside for garnish.
- 4 In the same pot with the remaining onions, add the marinated chicken. Cook on high heat for a few minutes until the chicken changes colour.
- 5 Reduce the heat and add mint leaves, fresh coriander leaves, and saffron-soaked milk. Mix well.
- 6 Layer the partially cooked rice on top of the chicken mixture.
- 7 Drizzle any remaining saffron milk over the rice and top with the fried onions you set aside.
- 8 To make it a dum biryani, seal the biryani pot with a tight-fitting lid or aluminium foil. Cook on low heat (you can place a heavy pan under the biryani pot to prevent direct contact with the heat source) for 30-40 minutes. This slow cooking process allows the flavours to meld, and the chicken becomes tender.
- 9 Once done, gently fluff the Chicken Biryani with a fork, ensuring you don't break the rice grains.
- 10 Serve hot with raita (yoghurt side dish).

GROCERY LIST

Everything you need to craft your homemade biryani



Lulu Excel Basmati Rice



Lulu Kashmiri Chilli Powder



Lulu Cumin Whole



Lulu Cardamom Jumbo



Lulu Frozen Chicken Griller



Lulu Garam Masala



Lulu Ginger Garlic Paste



Lulu Fresh Milk



Lulu Pure Ghee



Lulu Saffron



Lulu Fresh Yoghurt



Lulu Turmeric Powder

NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



Have an AI date

Innovative food brand “A Date On The Go”, has leveraged artificial intelligence (AI) to create a range of snack bars using locally grown dates. A Date On The Go's primary ingredient is the high-quality dates cultivated at The Date Room's farms in Al Ain. The brand's unique selling points include being vegan, nutritious, sugar-free, and made without any undesirable additives, making these bars suitable for those concerned about blood sugar levels. Take your pick from various flavours and textures. Additionally, by being entirely made in the UAE and using eco-friendly packaging, A Date On The Go supports local trade and suppliers while contributing to sustainability efforts.

Available at adateonthego.com and Noon.com

**THIS
MONTH
WE
LOVE...**

Luxury chocolatier, Forrey and Galland, unveils an exclusive Diwali gift collection to celebrate the festival of lights. Offerings include beautifully crafted hampers and chocolate boxes, handcrafted by their skilled in-house artisans. These gift boxes are adorned with vibrant patterns that capture the essence of the occasion, complemented by the opulence of gold foiling. Adding sweetness to the festivities, the collection features a delightful assortment of chocolates, marzipan, cookies, and premium dates, each artfully prepared by their dedicated culinary artists and infused with decadent flavours like rahash, pistachio, fresh mint, and more. This collection provides an elegant and tasteful way to share the joy of Diwali with loved ones.

Visit the boutique in Dubai Mall or forreyandgalland.com

GO WILD WITH FOOD



Cari, the trailblazing food delivery app, has made a distinct mark by offering a customer-centric platform with a 0% commission model that links food enthusiasts with the finest restaurants across the Middle East. Launched in Kuwait, Saudi Arabia, and the UAE this May, Cari

has set itself apart with their 30-minute delivery promise. Their latest campaign, 'Just Cari It' teams up with restaurants to deliver some of the most extraordinary meal combinations ever seen. Indulge in out-of-the-box combinations like fries and ice cream from Burger 28 or Baskin Robin's spicy hot honey ice cream, and more.

Until November 21st. Download the Cari application from the App Store or Google Play.

NEW STORE ALERT



Garrett Popcorn Shops, the renowned gourmet popcorn brand from Chicago, has opened its fifth location in the UAE, situated within the Mall of the Emirates. This location on level 1, just above Ski Dubai, features the irresistible aroma of freshly popped corn kernels available in classic favourites such as the world-famous Chicago Mix, CaramelCrisp, and CheeseCorn. Take your pick!

PLANT-BASED SWITCH



Lebanese restaurant chain Al Safadi has partnered with Switch Foods, a UAE-based FoodTech start-up, to incorporate plant-based meat alternatives into its menu. Four delectable plant-based dishes

featuring Fried kibbeh, Kabab khashkash, Lahem beajine and Hummus with meat and fries are now available on the menu. The incorporation of plant-based meat alternatives into Al Safadi's menu symbolises a significant step in the restaurant's commitment to a more sustainable future and aligns seamlessly with the UAE's "Year of Sustainability" theme. These four innovative plant-based dishes represent a pioneering approach to traditional Lebanese cuisine that caters to both alternate lifestyles and traditional food enthusiasts. This initiative also contributes significantly to a reduction in carbon footprint as Al Safadi sources its plant-based meat locally from the Switch Foods production facility located in KEZAD.



THE CRÈME EXPERIENCE

London-based bakery, Crème, has made its highly-anticipated debut in Dubai with a diverse selection of delectable treats and soft-serves. Located within Dar Wasl mall, the bakery offers a welcoming ambience both indoors and outdoors. The menu boasts an impressive array of flavours, including Miso & white chocolate, Classic milk chocolate, Dulce milk chocolate, and Double chocolate cookies, catering to a wide spectrum of tastes and preferences. Crème further offers a diverse array of beverages, spanning classic espresso choices such as flat whites to its well-known S'mores hot chocolate and Banana toast latte.

Contact +9714 352 9708.



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BOOKINGS AT AURASKYPOOL.COM

Flavours of the *month*

What's hot and happening
around town this month

BODRUM

Rixos The Palm Dubai Hotel & Suites has introduced its new restaurant, BODRUM, exclusively available to in-house guests as part of its ultra-all-inclusive offerings. BODRUM aims to blend food and themed ambience to tell a captivating story, with decor inspired by the Mediterranean's coastal beauty. The menu features Mediterranean-inspired dishes such as the signature Grilled salmon with sweet potatoes and asparagus and Kingfish steak with sautéed spinach, asparagus, and baby potatoes. The restaurant transitions from casual daytime dining to an elegant nighttime fine dining experience with entertainment, including live music and cultural showcases.

Visit Instagram (@rixosthepalmDubai).



THE CITRONELLE CLUB

The Citronelle Club presents an exquisite fusion of Asian culinary traditions interwoven with a touch of French finesse, paying homage to the rich cultural heritage of the region. Upon entering the enchanting "Migong maze" walls, one is greeted by an intimate dining space where vibrant colours emanate from numerous open kitchens and live stations. Embracing the tradition of sharing-style dining deeply rooted in Chinese culture, signature dishes include the delectable Shrimp & scallop siu mai, Yellowfin tuna and foie gras, Biang biang frogs legs, the indulgent Citronelle signature whole roast duck, and the refreshing Citronelle & citrus vacherin.

Call +97150 421 0753.



BODRUM

AQUA



Aqua Restaurant and Bar, located in JA Ocean View Hotel at JBR, offers a diverse and innovative culinary experience. The restaurant takes guests on a journey through various culinary themes inspired by water's ability to connect cultures.

Each day of the week features a different theme, with options ranging from international favourites to Mediterranean, Silk Road fusion, Arabian dishes, and a Great royal roast. Aqua also hosts special brunches with creative beverages, fresh seafood, Latin-American cuisine, and family-friendly options.

Email aqua_dxb@jaresorts.com.

COFFEE & ROSES



Coffee & Roses, an innovative blend of café and florist, marks the city's first-ever floral and culinary concept store. Located in Al Barsha's B1 Mall, this unique venue promises an enchanting experience where gourmet coffee, delightful cuisine, and artistic floral arrangements converge.

The café offers indoor and outdoor seating on its elegant white marble interior adorned with opulent gold accents and captivating floral displays. Patrons can indulge in a diverse all-day menu featuring global-inspired breakfast and lunch options, catering to varying tastes and budgets, including pizzas, sandwiches, fresh salads, and an array of delectable desserts.

Visit Instagram ([@coffeeandroses.ae](https://www.instagram.com/coffeeandroses.ae))

SOCIAL HOUSE



After a rejuvenating break, Social House is reopening with a renewed commitment to offer an enhanced and enriching social dining experience. Social House now provides a holistic dining experience with a pizza bar, café & mocktail bar, and the Chef's Sushi Table, where guests can witness culinary mastery and international specials. Social House

offers a 360-degree holistic social dining experience, bringing together Indonesian, Japanese, Italian, and international comfort foods. It features cult-favourite dishes such as Tonnarelli carbonara, Nasi goreng, Baked truffle chicken, and Social Stand Outs including Crispy salmon rice, Porcini and crispy potato chicken, Bone marrow pie, Slow-cooked beef cheeks, and Miso wagyu donburi made with A5+ wagyu beef.

Visit Instagram([@socialhousedubai](https://www.instagram.com/socialhousedubai)).

MAIDEN SHANGHAI



Elevate your evenings during the cooler season within Maiden Terrace at the renowned Maiden Shanghai. The vibrant and chic rooftop terrace offers breathtaking vistas of Dubai Marina and the Arabian Gulf, where

guests can enjoy exquisite Chinese cuisine crafted by Chef Luo Bing. Whether you're planning an intimate dinner, a gathering with friends, or a special celebration, Maiden Terrace provides an idyllic setting for any occasion.

Contact +9714 455 9989 or email fpjd.dining@fivehotelsandresorts.com.

GASTRONOMY



Gastronomy at Atlantis The Royal in Dubai provides a vibrant breakfast experience in a bustling food market setting. Diners enjoy an immersive culinary experience with the chef's table concept and stunning views of

Palm Island and Dubai Marina. The breakfast menu features a range of freshly baked goods, premium cured meats, a hearty English breakfast, and options like turkey, veal, or salmon benedict. The Orchard section offers Mediterranean and Middle Eastern dishes, while the Greens station serves Indian and Southeast Asian favourites. The Seven Seas station provides smoked salmon, fresh eggs, and seasonal fruits, and guests can satisfy their sweet cravings with handcrafted chocolates and homemade ice cream. Gastronomy accommodates various dietary preferences, including gluten-free, nut-free, vegetarian, and vegan options.

Daily, from 7am-12pm. AED235 per adult. AED117 per child aged 4-12 years. Kids aged 3 and below dine for free. Contact +9714 426 2626.

IDA BAKERY AND BISTRO



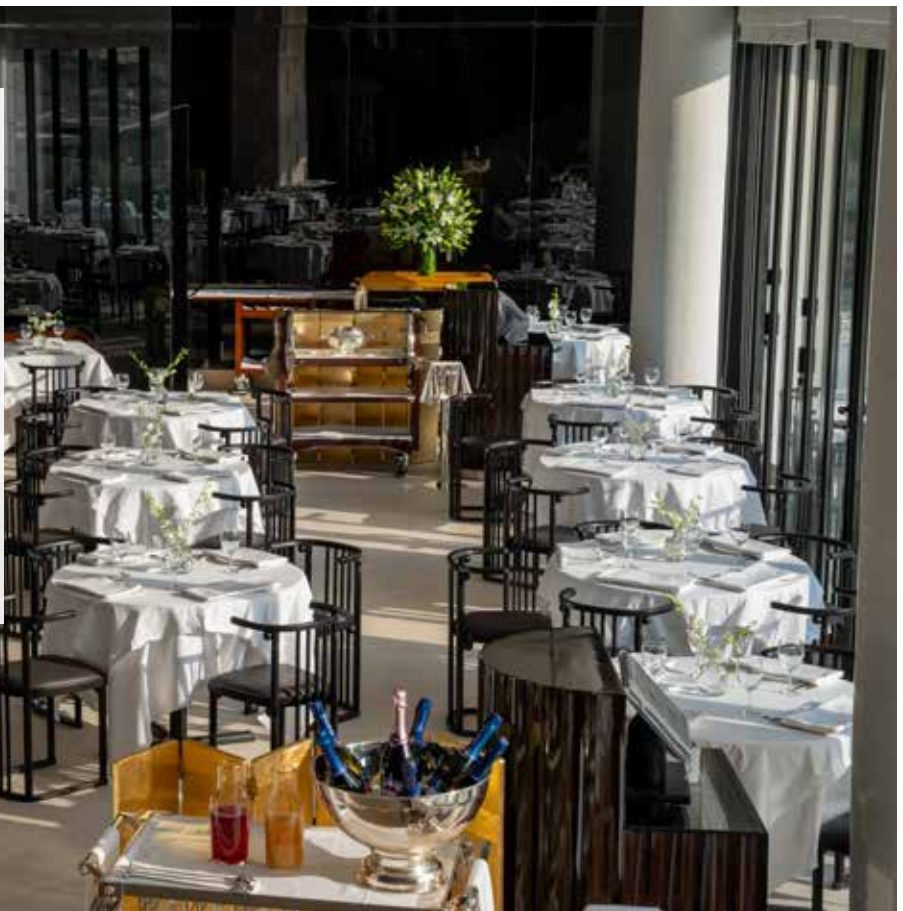
Make a beeline for this local establishment's weekday pizza night. Savour two delectable pizzas and enjoy unlimited refills on a homemade soft drink. Ida's pizza crust, crafted with their signature sourdough, offers a perfectly kneaded base. Take your pick from classics like Margherita to unique offerings such as Nablusi and Pesto, with a special Vegan shawarma pizza for plant-based diners.

AED95 per person. Tuesday to Thursday, 6-11pm. Visit [idabakery.com](https://www.idabakery.com)

MR CHOW

With a history spanning over 55 years and origins in London, this globally renowned restaurant has attracted A-list celebrities and notable figures across the world, with locations in Beverly Hills, Miami, Las Vegas, and New York City. The latest addition offers an authentic Beijing dining experience combined with European-inspired service. Executive Chef Jia He ensures a personalised culinary journey with highlights including Green prawns, Chicken satay, the renowned Peking duck, and handcrafted noodles.

Contact +966 9200 12658.



GCC



LPM RIYADH

LPM Riyadh, a renowned destination for French-Mediterranean cuisine, has introduced a new business lunch in the vibrant Faisaliah district. The business lunch menu, in line with LPM's global offerings, features a rotating selection of fresh and straightforward dishes. Begin with a selection of savoury options such as Escargots de bourgogne, Beef carpaccio, Vegetable terrine, and Green lentil salad, followed by main courses that include fresh fish, meat, and vegetarian choices such as Grilled beef sirloin, Grilled red mullet, and the signature Pasta Arrabbiata. The meal includes a daily salad, homemade baguette, and an iconic tomato set for customising tomato salads. Desserts include LPM's signature Vanilla cheesecake and Chocolate and hazelnut choux. LPM Riyadh provides two business lunch options: the two-course Le Petit Menu for quick corporate lunches and the three-course Le Grand Menu for a leisurely French dining experience.

Every weekday, from 12:30-3:30 pm. Le Petit Menu for SAR180 and Le Grand Menu for SAR230SAR. Visit lpmrestaurants.com/riyadh.

CRAFTING CULINARY ARTISTRY

KATA Dubai invites diners to celebrate its first anniversary with contemporary Japanese creations



On the scenic waterfront promenade of the renowned Dubai Mall, KATA Dubai, an elegant contemporary Japanese restaurant, is preparing to celebrate its inaugural anniversary this November. As part of the esteemed Amai Gourmet Restaurants group, with its exceptional global culinary destinations, and under the guidance of the accomplished Chef Marwan Sardouk, KATA's culinary journey blends unique tastes with artistic presentation.

To commemorate this significant milestone, KATA has unveiled an exclusive anniversary set menu, promising to delight



diners with enticing flavours, throughout the entire month of November. Corporate Chef Marwan Sardouk and his culinary team crafted a special menu that includes non-alcoholic mixology variety, setting KATA apart as one of Dubai's premier upscale dining destinations.

KATA's 1st Anniversary Special Set Menu stems inspiration from the recent Chef's Table, offering an array of distinctive dishes that differ in size and preparation from the regular à la carte options. The menu boasts an assortment of exquisite selections, comprising a complimentary glass of 0.0% bubbly, an Amuse Bouche evoking the essence of autumn leaves, a luscious Creamy Seaweed and Spinach Salad, delicate Hamachi Carpaccio, and a Wagyu Truffle Tartare masterfully crafted to enthrall the senses. For those looking to elevate their dining experience, KATA presents rare non-alcoholic pairing experience, that includes hops and grapes. Diners can make their choice between two enticing main courses: the tender Baked Chilean Seabass or the decadent, truffle-infused Wagyu Rice Pot. The culinary voyage reaches its grand finale with a show-stopping dessert – the enchanting Balloonium. This whimsical creation is brimming with the sumptuous indulgence of Melba Cream, embellished with a burst of vibrant Strawberry Coulis. The set menu is priced at AED250 per person, with the pairing option available for an additional AED80.

Whether you are in pursuit of an outstanding dining experience on the outdoor terrace, featuring stunning vistas of The Dubai Fountain, or prefer the indoor ambience where a bespoke mural adds a touch of elegance, KATA is equally suited for a delightful meal with friends, family or colleagues. Look forward to a gastronomic experience that harmoniously merges the artistry of Japanese cuisine with a welcoming and inviting ambience.

Daily Ongoing Offers

HAI-TEA

Experience a delightful twist on the traditional high tea with an elegant fusion of flavours.

3pm to 5pm at AED160 per person.

Lunch Affair

Indulge in a 3-course set menu where you can choose from a variety of delectable options to inspire your culinary creativity.

11am to 3pm at AED88 per person.

Tried & tasted

Our top dining experiences this month



AKIRA BACK

Nestled within W Dubai - The Palm, this internationally acclaimed dining establishment is where Chef Akira Back skillfully crafts a unique fusion of Japanese cuisine with Korean and international flavours, culminating in an exhilarating culinary journey. With a focus on seasonal and artisanal ingredients, discerning diners can savour an eclectic array of Japanese specialties set against breathtaking views of the Dubai skyline.

The enticing ambience is brought to life with cloud-like structures on the ceiling, wabi-sabi elements that embrace the beauty of imperfection and simplicity, and art pieces that reflect the chef's personal touch. With a multitude of dining choices, we embarked on a culinary adventure by selecting the Explore menu, a curated collection of Chef Akira Back's personal favourites, to perfectly elevate our Tuesday evening.



The highlights

The Explore menu at Akira Back offers an array of dishes that promise an unforgettable experience. Our culinary journey began with a delectable adventure as we enjoyed the crispy Tuna pizza, featuring umami aioli, micro shisho, and a drizzle of white truffle oil. The Salmon tataki, uniting the perfect fusion of mustard su-miso and pickled wasabi, and our personal favourite AB



Tacos, a succulent wagyu beef bulgogi intertwined with roasted tomato ponzu, set the stage for the remainder of our meal.

We were promptly treated to the Scallops in half shell, where kimchi, veal bacon, and gochujang butter elevated the sweetness of the scallops to new heights. The Red dragon roll, an exquisite fusion of shrimp tempura, crab mix, avocado, lemon, and maguro eel sauce, offered an explosion of flavours, while the Perfect storm roll, featuring shrimp tempura, spicy tuna, Aburi salmon belly, and chipotle mayo, showcased the chef's inventive mastery.

For our main courses, we indulged in the Jospier grilled salmon, served on a bed of garlic spinach, drizzled with spicy teriyaki, and garnished with nori rice cracker for a satisfying crunch. The Jidori chicken, paired with velvety potato puree and teriyaki sauce, was a stunning medley of tantalising flavours.

To conclude, we delighted in the Yuzu citrus dessert, a composition of sable crumbles topped with strawberry gelato for a refreshing and sweet ending to our culinary exploration.

Book now

Every Tuesday, from 7pm. AED299 per person. Contact +9714 245 5800 or visit akirabackdubai.com.



IDA BAKERY & BISTRO

Evolving from its modest beginnings in Fujairah, Ida Bistro & Bakery has forged a rich culinary excellence tradition that has enthralled locals and tourists. Whether savouring delectable bakery offerings like premium sourdough bread and handcrafted artisan baguettes, and delightful pastries or exploring the diverse bistro menu, diners can relish a wide range of culinary delights.

The Ida family's passion for mastering the art of bread-making is evident in their use of the time-honoured Masa Madre technique, translating to "mother dough" in Spanish, particularly for their renowned Croissants and Danish pastries. This method centres on three fundamental ingredients: water, flour, and a touch of salt, perfectly aligning with one of Ida's core brand principles – the beauty of

natural simplicity. Beyond the warm in-house dining experiences, Ida also offers the convenience of personalised cake and bread delivery services across the UAE, ensuring that their delectable creations can be enjoyed anywhere and at any time.

The highlights

We embarked on an epicurean journey, savouring a selection of mezzeh, including Omani dumplings filled with pulled lamb, roasted in banana leaves, and complemented by mint villi yoghurt sauce, spices oil, pine nuts, and frizzled leek, creating a harmonious blend of textures and flavours that left us craving for more. The Trio dips, a triumvirate of culinary excellence, united kefir labneh with green zaatar and extra virgin olive oil, while the shatta peperonata, crafted from slow-cooked red capsicum, played with spiced tomato and fermented shatta, a dairy-free dip that infused the entire meal with a spicy and tangy flair. The Garlic confit shrimps featured succulent shrimp with marinated turnips and kohlrabi, offering a refreshing contrast, served with toasted sourdough bread and a zesty lemon and butter sauce.

Venturing into mains, we ordered the Pan-toasted butternut gnocchi, where flour-less potato gnocchi and flavourful butternut

squash with vibrant pesto and the delicate crunch of crispy basil leaves bore testament to the chef's artistry in elevating humble ingredients to the status of gastronomic delight. The Freekeh bahri paella, featuring expertly spiced marinated prawns, squid, and mussels, accompanied by saffron butter and crowned with a delicate Saffron Tuille, offered an opulent symphony of local flavours, evoking the essence of the sea. The spiced Caesar salad was a blend of spiced grilled chicken, gem lettuce, homemade croutons, snow parmesan, and Bzar caesar dressing, providing an exciting reinterpretation of the classic, introducing a delightful explosion of spices.

Dessert beckoned with Butterscotch profiteroles, a delectable creation of baked choux pastry enfolding homemade butterscotch ice cream topped with a luscious warm chocolate sauce and delicate florentine flakes. The grand finale soon arrived, cold brew chocolate cake, presenting chocolate devil sponge and vegan coffee chocolate ganache alongside the addition of vegan chocolate shavings - a must-try for chocolate enthusiasts!

Book now

Contact +97150 636 2426 or visit idabakery.ae.



BYSTRO COLLECTION



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Poppy O'Toole's air-fried peppers

The *Young MasterChef* judge fills romano peppers with aromatic rice for a wholesome, meat-free dinner

TV
chef

Stuffed peppers

SERVES 4 **PREP 15 mins**
COOK 45 mins **EASY** **V**

3 tbsp olive oil
knob of butter
1 tsp cumin seeds
1 onion, finely chopped
200g basmati rice, rinsed
½-1 tsp ground allspice, to taste
1-2 tsp aleppo pepper, to taste,
plus an extra pinch to serve
2 tomatoes, deseeded and finely
chopped, or 1 tbsp tomato purée
30g flat-leaf parsley,
roughly chopped
4 romano or regular red peppers
40g walnuts, toasted and
roughly chopped

1 Heat 2 tbsp of the olive oil and the butter in a medium saucepan and cook the cumin seeds for 30 seconds until fragrant. Add the onion and cook over a medium-low heat for about 10 mins, or until translucent and lightly golden.

2 While the onion is cooking, tip the rice into a saucepan of salted water, bring to the boil and cook for 4 mins, then drain and refresh in cold water.

3 Once the onions are cooked, remove the pan from the heat. Add the rice, along with the allspice, aleppo pepper, tomatoes or tomato purée and half the parsley. Season well. Heat the air-fryer to 180C.

4 Cut a slit down the length of each pepper, starting at the top and stopping about 2cm from the bottom, so you have a pouch.



Recipe adapted from *Poppy Cooks: The Actually Delicious Air Fryer Cookbook* by Poppy O'Toole. Photographs by Haarala Hamilton. (Recipe supplied by the publisher and not retested by us.)



Carefully remove the seeds and pith, and rub with a little of the remaining olive oil. Fill the pocket with a quarter of the rice mixture and gently push the edges together. Repeat with the remaining peppers and rice mixture.

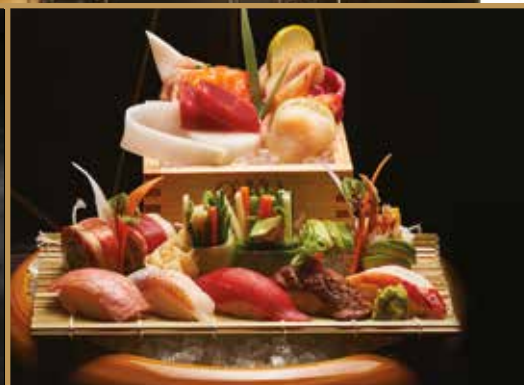
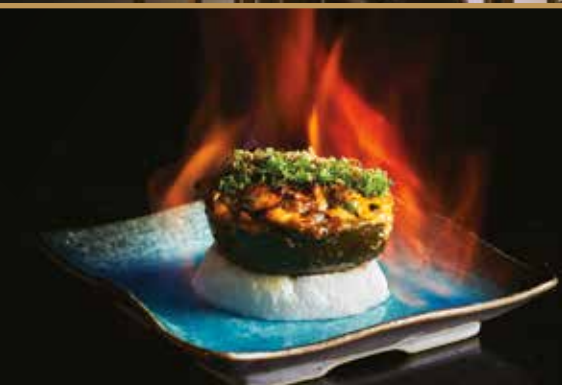
5 Put the peppers in the air-fryer basket, making sure there is space

between each one, and cook for 20-30 mins until beginning to char. Sprinkle over the walnuts, remaining parsley and a big pinch of aleppo pepper.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 396 kcals • fat 18g • saturates 3g • carbs 47g • sugars 10g • fibre 7g • protein 8g • salt 0.1g

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easy

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midweek meals

COOK
SMART

feed four for less

Keep costs down with these vibrant, flavour-packed dinners. Food writer **Fliss Freeborn** shares her favourite low-cost meals that won't break the bank *photographs* ELLA MILLER

Sausage & cannellini
bean ragu



Fliss Freeborn is a Glasgow-based freelance food writer with a passion for thrifty cooking. She is the youngest-ever panel member on BBC Radio 4's *The Kitchen Cabinet*, and has recently released her first cookbook, *Do Yourself a Flavour*.



Sticky lime & honey wings with crunchy slaw & rice

Sticky lime & honey wings with crunchy slaw and rice

These wings are crispy, sticky and a little bit spicy all at once, and the zinginess of the slaw cuts through the richness of the meat. You can leave out the chilli if you or your children aren't fans of spicy food.

SERVES 4 PREP 15 mins

COOK 35 mins EASY

1kg chicken wings
1 tbsp reduced-salt soy sauce
1 tsp chili flakes (optional)
2 tbsp honey
1 lime, zested and juiced
300g cooked rice, to serve

For the slaw

2 carrots
1 small or ½ large white cabbage (about 300g)
1 small red onion
1 tbsp olive oil
2 tbsp lime juice
15g coriander, roughly chopped (optional)

1 Tip the chicken wings into a large bowl and stir in the soy sauce, chilli flakes (if using), honey, lime zest and juice until the wings are coated. Set aside to marinate. Heat the oven to 210C/190C fan/6.

2 To make the slaw, use a vegetable peeler to shave the carrots into

strips, then finely slice the cabbage and red onion with either a sharp knife or mandoline. Put in a bowl with the olive oil and lime juice, and season to taste.

3 Spread the wings out on a baking tray lined with baking parchment, then bake for 35 mins, turning halfway. Just before serving, stir the coriander, if using, through the slaw. Serve with the cooked rice.

GOOD TO KNOW healthy • folate • fibre • vit c •
1 of 5-a-day

PER SERVING 613 kcs • fat 19g • saturates 5g •
carbs 74g • sugars 19g • fibre 6g • protein 32g •
salt 1.3g

Sausage & cannellini bean ragu

Cheap and filling, this tastes even better the day after making it, but can also be ready in under an hour. Worcestershire sauce and beef stock give it a flavour boost.

SERVES 4 PREP 10 mins

COOK 45 mins EASY

2 tbsp vegetable or olive oil
6 pork sausages, meat squeezed from the skins
2 onions, finely chopped
2 garlic cloves, finely chopped
1 tsp dried oregano
1 tbsp Worcestershire sauce (optional)
400g can chopped or peeled plum tomatoes

pinch of sugar
150ml beef stock or red wine
400g can cannellini beans, undrained
200g spaghetti

1 Heat the oil in a frying pan over a medium heat and fry the sausagemeat for 6-7 mins, breaking it up into small chunks using a wooden spoon as you go, until browned and lots of the fat has been released. Remove the sausagemeat to kitchen paper using a slotted spoon and leave to drain, leaving the fat in the pan.


2 Fry the onions in the sausage fat for 4-5 mins until slightly softened, then add the garlic, oregano and ¼ tsp black pepper. Cover and fry until completely softened, about

6 mins more, then return the sausagemeat to the pan, along with the Worcestershire sauce, if using.

3 Tip in the tomatoes, breaking them up with a spoon if needed. Add ½ tsp salt and the sugar. Swill the can out with the stock or wine, then add this to the pan and simmer for 15 mins over a low heat, stirring occasionally. Tip in the beans and their liquid, and cook for 10-15 mins more until the sauce has thickened slightly. Meanwhile, cook the spaghetti following pack instructions. Toss the ragu with the cooked spaghetti and serve.

GOOD TO KNOW fibre • of 5-a-day

PER SERVING 567 kcs • fat 19g • saturates 6g •
carbs 71g • sugars 11g • fibre 10g • protein 23g • salt 1.7g



Crisp up the potatoes in an air-fryer or the oven

Soy-baked potatoes with tuna sriracha mayo

Served with a spicy mayo that's fragrant with ginger, these jackets are a fresh new take on the usual cheesy beans number.

SERVES 4 PREP 10 mins
COOK 15 mins EASY

4 large baking potatoes
3 x 135g cans tuna chunks in brine, drained
2 tbsp mayonnaise
2½ tbsp natural yogurt
4 spring onions, thinly sliced
1 thumb-sized piece of ginger, peeled and finely grated
1 lemon, juiced
2 tsp sriracha or hot sauce
3 pickled gherkins, finely chopped (optional)
2 tbsp reduced-salt soy sauce
260g spinach

For the dressing

1 tbsp extra virgin olive oil
2 tbsp cider vinegar
¼ tsp wholegrain mustard

1 Prick the potatoes all over using a fork, then microwave on high for 10-15 mins, or until softened. Heat the oven to 200C/180C fan/gas 6, or turn on the air-fryer.

2 Tip the tuna into a bowl and mix with the mayo, yogurt, spring onions, ginger, half the lemon juice, the hot sauce and gherkins, if using.

3 When the potatoes are tender, score them lightly with a sharp knife, then pour over the soy sauce and toss quickly to coat. Bake in the oven for 15-20 mins or the air-fryer at 200C for 5 mins to crisp up the skins.

4 Meanwhile, combine the dressing ingredients with the remaining lemon juice and drizzle this over the spinach. Split the potatoes in half, fill with the tuna mayo and serve with the spinach.

GOOD TO KNOW balanced • low fat • low cal • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 434 kcs • fat 11g • saturates 2g • carbs 52g • sugars 7g • fibre 7g • protein 29g • salt 1.6g



Easy pesto, cheese & pea tart

This quiche-like tart is a great way to use up the end of that jar of pesto you have kicking around in the fridge.

SERVES 4 **PREP** 10 mins

COOK 30 mins **EASY** **V**

320g sheet ready-rolled shortcrust pastry

75g frozen peas (or frozen podded broad beans)

3 eggs

300g crème fraîche

3 tbsp pesto (vegetarian, if needed)

100g cheddar, grated

½ tsp ground nutmeg (optional)

1 Heat the oven to 220C/200C fan/gas 7. Line a deep 20 x 20cm baking tin with the shortcrust pastry, trimming the edges where needed (line with baking parchment first if it's not non-stick). Defrost the peas by tipping into a heatproof bowl and covering in boiling water – let stand while you make the filling.

2 Put the eggs in a bowl with the crème fraîche, pesto, cheddar, ½ tsp black pepper and the nutmeg, if using, and mix to combine. Drain the peas, then dry on kitchen paper thoroughly before adding to the bowl and stirring to distribute evenly.

3 Pour the filling into the pastry case – it should be a snug fit, but shouldn't overflow. Bake for 25-30 mins, or until puffed up, golden, and the pastry is brown. Leave to cool in the tin for 10 mins (it'll collapse back down to size), then transfer to a wire rack to cool completely (this will prevent a soggy bottom).

GOOD TO KNOW calcium

PER SERVING 860 kcs • fat 68g • saturates 40g • carbs 42g • sugars 3g • fibre 3g • protein 19g • salt 1.3g



Creamy tofu curry with homemade roti

Deceptively rich and filling, this tofu curry is entirely vegan. The roti are very easy and take just 10 minutes to make while the curry simmers.

SERVES 4 **PREP** 20 mins
COOK 45 mins **EASY** **V**

400g firm tofu
2 tbsp cornflour
4 tbsp vegetable oil
5 tbsp tikka or madras paste
2 white onions, thinly sliced
1 tbsp tomato purée
500g tomato passata
200g creamed coconut
15g coriander, roughly chopped (optional)

For the roti

100g plain or wholemeal flour,
plus extra for dusting
1 tsp vegetable oil

1 Heat the oven to 230C/210C fan/gas 8. Drain the tofu on kitchen paper and slice in half horizontally, patting it as you go to absorb as much moisture as possible. Tear the tofu into chunks, tip into a bowl and toss to coat in the cornflour, 1 tbsp of the vegetable oil and $\frac{1}{2}$ tsp salt. Spread out on a baking sheet and bake in the oven for 25 mins.

2 Using the same bowl, make the roti. Mix the flour, a pinch of salt and the oil together with enough water (about 65ml) to make a soft, not sticky, dough. Knead on a floured surface for 3 mins, then cover and leave to rest while you make the sauce.

3 Heat the remaining 3 tbsp oil in a frying pan over a medium heat and cook the tikka paste until fragrant, about 1 min. Add the onions and cook for 4-5 mins, adding a splash of water if needed to prevent any sticking, then cover and cook until completely softened (about 8-10 mins more), stirring occasionally.

4 Add the tomato purée, passata and a pinch of salt. Simmer for a further 5 mins before adding the creamed coconut. Reduce the heat to low while you make the rotis. Loosen the

sauce occasionally with a splash of water if it's starting to look too thick.

5 Divide the roti mixture into four equal balls. Roll the balls out on a floured surface using a floured rolling pin until 2-3mm thick. Heat a dry frying pan until very hot, then cook each roti for 1 min on each side until charred in places. Wrap in a tea towel as they come off the heat to keep them soft.

6 Remove the tofu from the baking tray and stir into the sauce to coat before sprinkling with coriander and serving with the roti.

GOOD TO KNOW vegan • calcium • fibre • iron • 2 of 5-a-day
PER SERVING 817 kcals • fat 59g • saturates 32g • carbs 42g • sugars 16g • fibre 9g • protein 24g • salt 2.1g





Kan Zaman

SAVOUR THE OUTDOORS

Explore two seasonal openings at The Ritz-Carlton Ras Al Khaimah properties



Beach Deck



The opulent beachfront eatery, The Beach Deck, at The Ritz-Carlton Ras Al Khaimah, Al Hamra Beach, reopens this season, extending a warm invitation to diners who seek to relish the captivating sunset panoramas along the Ras Al Khaimah coastline. Timed perfectly for al fresco season, this open-air dining locale offers a sumptuous menu brimming with premium seafood delicacies and concoctions.

As the allure of escaping the urban hustle for a rendezvous with nature intensifies, the Beach Deck's décor exudes a relaxed vibe with earthy elements, where diners can enjoy the sunset, accompanied by shisha, and spend leisurely evenings ensconced in comfortable bean bags while sipping sundowners. Moreover, the Beach Deck is an ideal backdrop for those seeking to capture Instagram-worthy moments, with its pristine beach and the azure waters of the Arabian Gulf providing a picturesque canvas.

The resort's team of esteemed chefs has meticulously curated the menu, with a strong emphasis on locally sourced ingredients. Whet your appetite with grilled specialities and freshly prepared seafood, featuring Dibba Bay oysters, a BBQ seafood platter,

Atlantic lobster, and the tempting Pear cheesecake for dessert, among other mouthwatering selections.

Furthermore, The Ritz-Carlton Ras Al Khaimah Al Wadi Desert also welcomes back a culinary gem as Kan Zaman, the renowned pop-up restaurant, reopens its doors on October 21. Nestled amid the enchanting golden dunes under the star-studded Arabian night sky, Kan Zaman promises an unparalleled dining experience that seamlessly combines the desert's allure with the richness of Arabic cuisine.

The menu stars exquisite offerings, featuring Arabic BBQ, expertly grilled to perfection, and the enigmatic art of underground cooking; a culinary technique that infuses dishes with unparalleled depth and aroma. From savoury mezzes to refreshing salads, Kan Zaman promises an exceptional buffet to satisfy every discerning palate. Yet, the experience extends beyond the realm of taste. Diners are treated to captivating entertainment - a mesmerizing belly dance performance and the soulful melodies of the oud (a traditional Arabic musical instrument), creating a harmonious backdrop to the dining experience.

The Beach Deck is open from Tuesday to Sunday, from 5pm for local sundowners and dinner from 6.30-10.30pm. Kan Zaman is open on Saturday, with packages priced at AED285 per person, inclusive of soft beverages and AED435 per person, inclusive of house beverages. Visit www.ritzcarlton.com/alhamrabeach and www.ritzcarlton.com/en/hotels/rktrw-the-ritz-carlton-ras-al-khaimah-al-wadi-desert/



How to use up everything!

Make your ingredients work harder and last longer with our waste-saving advice

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MYLES NEW



Stuffed avocado with spicy beans & feta



HELPING YOU TO COOK SMART

Rising food and energy costs mean that many of us are having to think carefully about getting the most from our budgets. To help, BBC Good Food has developed Cook Smart, a supportive campaign bringing knowledge and ideas to help you eat well. Cook Smart also explores the best energy-efficient cooking methods, such as hob cooking and microwaving, as well as using slow cookers, multi-cookers and pressure cookers. For more help, advice and budget recipes go to bbcgoodfoodme.com.



Storecupboard dips



Marmalade cake

Jams & curds

Great for much more than just toast, these ideas will help you use up any forgotten jars

Fruit jams

The sweet fruit in jam pairs well with savoury foods like lamb chops. To make a glaze, mix a few tablespoons of blackcurrant jam with Dijon mustard and a good glug of cider or sherry vinegar. Once the lamb chops are almost cooked through, add this mixture to the pan along with a knob of butter and cook, spooning the glaze over the lamb until glossy and reduced. Or, try thinning apricot jam with a splash of water – fry halloumi until golden, then spoon the apricot jam over and cook until reduced. Serve with salad or in a toastie.

Strawberry & chocolate-stuffed French toast

Whisk **1 egg** with a **splash of milk**. Spread **2 slices of bread** with **strawberry jam** and **chocolate-hazelnut spread**, if you have it. Sandwich together and dip in the egg mixture. Fry with a **knob of butter** until both sides are golden.

Orange marmalade

For a simple canapé, spread marmalade over small squares of puff pastry and top with slices of brie and a pinch of chilli flakes. Bake until crispy and golden. For a sweeter take, use it instead of raisins in a bread & butter pudding. Marmalade works well in our spicy roasted roots recipe featuring carrots and parsnips. Try it at bbcgoodfoodme.com.

Onion marmalade

Onion marmalade brings rich flavour to everyday classics like cheese toasties or sausages for toad-in-the-hole. Or, stir into a quiche mixture for a hint of sweetness, or mix into a Dijon mustard salad dressing.

Onion & goat's cheese tart

Spread **onion marmalade** over a **square of puff pastry**, top with **goat's cheese** and **thyme leaves**, and bake at 200C/180C fan/gas 6 until golden and crispy.

Sticky glazed chicken

Toss **2 tbsp onion marmalade** with **500g skin-on, bone-in chicken thighs**, a **glug of olive oil**, **thyme leaves** and salt and pepper, and roast at 200C/180C fan/gas 6 until golden and cooked through. Serve with a warm feta salad.

Lemon & lime marmalade

For a twist on the classic breakfast martini, use lemon & lime marmalade in place of orange. Make a sticky, spicy glaze for chicken drumsticks by combining the marmalade with crushed garlic, chopped red chilli and olive oil. Slather this over the chicken and roast until cooked through and sticky. Or, give our easy marmalade muffins a go by using the recipe at bbcgoodfoodme.com.

Lemon curd

Gently warm lemon curd for a lovely drizzle for crêpes or ice cream – it's just as good stirred into Greek yogurt with raspberries for a refreshing fool dessert. For an easy showstopper, try our lemon curd & passion fruit tart at bbcgoodfoodme.com.

Lemon curd martini

Add **2 tbsp lemon curd** to a cocktail shaker with **50ml gin**, **2 tsp elderflower cordial** and **1 tsp vermouth bianco**, give it a good shake, add **ice** and shake again. Strain into a chilled glass and serve with a **lemon peel twist**.

Chilli jam

Stir a spoonful into pasta sauces or shakshuka (a North African dish of eggs in a spiced tomato sauce) for a bit of sweetness and heat, or use in place of sweet chilli sauce in your next stir-fry. Chilli jam is also great as a marinade for prawns with a squeeze of lime juice, or stirred into a vinegary slaw to add a bit of spice.

Marmalade cake

A certain bear from Peru would be delighted to be served this simple, delicious cake. Ideal for using up any marmalade you have in the fridge.

SERVES 12 **PREP** 20 mins

COOK 40 mins **EASY** **V**

200g unsalted butter, softened, plus extra for the tin
2 unwaxed oranges
325-350g golden caster sugar
4 eggs
80g marmalade
200g self-raising flour
double cream or ice cream, to serve

1 Heat the oven to 180C/160C fan/gas 4 and butter a 23cm cake tin. Zest the oranges, then remove the peel and pith using a small, serrated knife. Set aside. Cut the oranges along the equator into 1cm-thick slices. Sprinkle 25g sugar over the base of the tin and arrange the orange slices on top. Set aside while you make the syrup and cake batter.

2 Weigh the orange peels into a saucepan with the pith, and add the same amount of sugar and water (about 100g). Bring to a simmer, then boil for 10 mins until reduced and thickened. Set aside to infuse until needed, then strain.

3 Beat the butter and 200g of the sugar together in a stand mixer or using an electric whisk until light and fluffy, about 5 mins. Crack in the eggs, one by one, beating well after each addition. Finally, beat in the orange zest and marmalade before carefully folding in the flour and a pinch of salt. Spoon the batter over the orange slices and carefully level the surface. Bake for 35-40 mins until golden and a skewer inserted into the middle comes out clean.

4 Leave to cool in the tin for 15-20 mins before carefully inverting onto a plate. Brush some of the bitter orange syrup over the top (any leftover syrup can be used for cocktails). *The syrup will keep chilled for two weeks. Serve warm with cream or ice cream. Once completely cool, the cake will keep in an airtight container for three days.*

PER SERVING 344 kcal • fat 16g • saturates 9g • carbs 46g • sugars 33g • fibre 1g • protein 4g • salt 0.2g

If you don't have oranges you can use three easy peelers

Waste-nothing cake

You can use any marmalade in this cake – if using lemon & lime marmalade, try using lemons or limes in the base.

If your oranges are waxed this can be easily removed by putting the citrus in a bowl and covering with boiled water. Leave for 5 mins, then drain and wipe with a clean tea towel.

All in one

Let your oven do the work for you with this easy autumnal traybake

Smoky sausage & squash traybake

With warming spices and sweet honey, this makes a comforting dish for the cooler nights.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

1 tsp fennel seeds
1 tsp smoked paprika
1 tsp ground cumin
2 tbsp olive oil
1 tbsp honey
1 tbsp tomato purée
1 tbsp harissa
8 caramelised onion sausages
2 red onions, cut into thick wedges
1 large butternut squash, peeled and cut into 2cm-thick slices (see tip, below)
small handful of parsley, finely chopped
steamed new potatoes and greens, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Combine the fennel, paprika, cumin, oil, honey, tomato purée and harissa in a large bowl. Tip in the sausages, onions and squash, and toss gently with your hands to evenly coat everything.

2 Tip into a large roasting tin and spread out into an even layer. Roast for 30-40 mins, stirring occasionally to ensure everything is evenly browned. Scatter over the parsley and serve with steamed new potatoes and greens, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 530 kcal • fat 34g • saturates 10g
• carbs 34g • sugars 25g • fibre 8g • protein 18g • salt 1.5g



tip

Save the squash peelings to use in stock or soup.



Leftover pumpkin guide

Minimise waste while making the most of this season's bounty

No-carve decorating

We love to reduce our food waste as much as possible, which is why we won't be carving pumpkins this year. Instead, we'll be painting them with black food colouring, which is safer and easier to do. Plus, you can create all kinds of patterns and designs. If you don't have any black food colouring, you could use a marker – just make sure to peel and discard the skins that have marker ink on them.

Love your gourds

Other gourds are a great alternative, as they come in a huge variety of shapes and colours, and can be arranged in a beautiful autumnal display or painted. While it's not recommended to eat all gourds, they can be easily composted for your garden, as long as you use food-safe paint.

Seeds

The seeds in a butternut squash are best roasted with the rest of the squash, as they can be quite bitter. For any other pumpkins and squash, scoop out the seeds and put in a sieve. Rinse well to remove any strings and dry thoroughly. Toss in olive oil and seasoning on a baking tray and roast at 200C/180C fan/gas 6 for 10 mins. These make an excellent salsa, soup topping or addition to a gremolata. You can also freeze them and add to veggie stock later.

Carve-only varieties

Supermarkets are overflowing with these, and they are usually meant just for carving. But, there's a lot of waste generated from them. Reach out to local farms, as they can be fed to goats.

Eat the peel

While all pumpkin and squash skins are edible, some take too long to soften up when roasting or frying. If you're making soup, you can leave the skins on and simmer chunks or slices of pumpkin until falling apart before blending well. We'd recommend peeling any thick-skinned ones. A good rule of thumb is: if it's hard to cut, the skin is usually quite tough to eat.



Storecupboard dips

Transform any jars or tins that have been left in the back of the cupboard with these handy recipes for impromptu gatherings



Spicy sardine dip

SERVES 4-6 PREP 10 mins
NO COOK EASY

Drain a **125g can sardines in chilli olive oil** and tip the sardines into a bowl, reserving the oil. Remove the backbones if there are any, and discard. Lightly mash the sardines using a fork. Mix in **100g crème fraîche, yogurt or soured cream**, the **zest of 1 lemon** and a splash of the **juice**, **1 small finely chopped shallot**, a **small handful of finely chopped parsley** and a **pinch each of smoked paprika, cayenne pepper and onion granules**. Season well and add more lemon juice, if needed. Drizzle over the reserved oil to serve.

GOOD TO KNOW omega-3 • gluten free
PER SERVING (6) 151 kcal • fat 15g • saturates 6g • carbs 1g • sugars 0.5g • fibre 0.3g • protein 4g • salt 0.2g

Bean & feta dip

SERVES 4-6 PREP 10 mins
NO COOK EASY V

Finely slice **1 small red onion** and mix in $\frac{1}{2}$ tsp each salt and **caster sugar** and **3 tbsp cider vinegar**. Set aside to pickle for 20 mins. Tip a **400g can white beans** and its liquid into a food processor. Add **200g feta**, **1 small crushed garlic clove**, the **zest of $\frac{1}{2}$ lemon** and **1 tbsp of the juice**, and blitz. Season to taste and stir through a handful of soft herbs, such as **chives, dill or parsley**. You can also mix in **1 tbsp chilli jam or caramelised onion chutney**, if you like. Scatter over the pickled onions and serve with pitta chips.

GOOD TO KNOW gluten free
PER SERVING (6) 136 kcal • fat 7g • saturates 5g • carbs 8g • sugars 2g • fibre 3g • protein 8g • salt 1.3g

Any veg hummus

SERVES 4-6 PREP 5 mins
NO COOK EASY V

Drain a **400g can chickpeas**, reserving the liquid, and tip the chickpeas and a splash of the liquid into a food processor. Tip in **3 roasted red peppers**, drained, **1 chopped garlic clove**, **2 tbsp tahini**, **2 tbsp lemon juice**, and a good pinch each of salt and **ground cumin**. Blitz until smooth and well combined. Add some of the reserved chickpea liquid or more lemon juice to loosen, if needed. Season and serve with crudité. You can use any cooked veg, depending on what you have – cooked carrots or beetroot work well, and try adding chilli flakes or ground ginger.

GOOD TO KNOW vegan • gluten free
PER SERVING (6) 97 kcal • fat 4g • saturates 1g • carbs 8g • sugars 2g • fibre 3g • protein 5g • salt 0.7g

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Fresh ideas

We all have cans and jars in our cupboards and fridges. In this series, we explore creative ways to use these unsung heroes.

Storecupboard heroes: red kidney beans

They're not just for chilli con carne! These recipes open up a new range of possibilities for this kitchen staple



Refried bean quesadillas

SERVES 4 **PREP** 10 mins **COOK** 20 mins **EASY** **V**

Heat **1 tbsp sunflower oil** in a large frying pan over a medium heat and cook **1 finely chopped onion** and **2 finely chopped garlic cloves** for 2 mins, until softened and beginning to brown. Add **1 tsp cumin seeds** and cook for 1 min more. Tip in **400g can kidney beans**, **2 tsp smoked paprika** and a splash of water. Mash the beans as they warm to make a rough purée. Season, then spread them over **4 flour tortillas** and scatter over **100g grated cheddar or gruyère** and a **handful of coriander**. Spoon over **200g fresh tomato salsa**, then top with 4 more tortillas. Wipe the frying pan and return to a medium heat. Cook for 1-2 mins on each side until golden.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day

PER SERVING 478 kcals • fat 18g • saturates 8g • carbs 56g • sugars 6g • fibre 10g • protein 19g • salt 1.9g

Spicy sausage & bean one-pot

SERVES 4 **PREP** 5 mins **COOK** 20 mins **EASY** **□**

Heat **1 tbsp vegetable oil** in a large frying pan. Cook **1 thickly sliced onion** and **8 Cumberland sausages** over a high heat for 8-10 mins, turning the sausages often so they brown all over. Add **1 crushed large garlic clove** to the pan with **2 x 400g cans kidney beans in chilli sauce**. Half-fill one of the cans with water, swirl it then add to the pan. Stir everything together and bring to the boil. Turn down to a simmer and cook for 10 mins, or until the sausages are cooked. Season and sprinkle with **2-3 sprigs chopped parsley**.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 525 kcals • fat 28g • saturates 9g • carbs 38g • sugars 12g • fibre 13g • protein 24g • salt 2.7g

Spicy chicken fried rice

SERVES 4 **PREP** 5 mins **COOK** 25 mins **EASY**

Put **300g mixed basmati and wild rice** into a saucepan, cover with cold water, crumble in **1 chicken stock cube**, then bring to the boil. Stir the rice once, then simmer for 20 mins until tender. Drain well. Meanwhile, toss **4 thinly sliced skinless chicken breasts** in **3 tsp ground cumin**, a **pinch of chilli flakes** and a **handful of roughly chopped coriander**. Heat **1 tbsp sunflower oil** in a pan over a medium heat, tip in **2 thinly sliced red peppers**, then stir-fry for 3 mins until starting to soften. Add the chicken, then fry until golden, about 5 mins. Add the rice, a drained and rinsed **400g can red kidney beans** and a sliced **bunch of spring onions**, then warm through.

GOOD TO KNOW healthy • low fat • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 534 kcals • fat 10g • saturates 1g • carbs 66g • sugars 6g • fibre 8g • protein 42g • salt 1.1g



Stuffed avocado with spicy beans & feta

SERVES 2 **PREP** 10 mins
COOK 1 min **EASY** **V**

Put **1/2 tsp cumin seeds** in a small pan on the hob and lightly toast, about 30 seconds. Tip into a large bowl and mix with a drained **210g can red kidney beans**, the zest and juice of **1/2 large lime**, **3 diced tomatoes**, **1 finely chopped**

banana shallot, **1 deseeded and finely chopped green chilli** and a **generous handful of chopped coriander**. Crumble in **85g feta** and gently toss. Serve on top of **1-2 ripe avocados**, halved and stoned. Scatter with a few **chopped coriander leaves** and a squeeze of the remaining **1/2 lime**.

GOOD TO KNOW calcium • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 405 kcals • fat 29g • saturates 10g • carbs 16g • sugars 6g • fibre 11g • protein 14g • salt 1.1g

gf tip

WHY WE LOVE RED KIDNEY BEANS

Kidney beans are a staple storecupboard ingredient, most often used in a classic chilli con carne or bean stew. With minimal effort, you can make nutritious meals with them in as little as 30 minutes.

- Beans and pulses are high in protein
- Red kidney beans are a great source of fibre and iron
- They count towards your five-a-day
- They're a great way to bulk out meals



Make it special

Double bean & roasted pepper chilli

SERVES 8 **PREP** 30 mins
COOK 1 hr 15 mins **EASY** **V** *****

- 2 onions, chopped
- 2 celery sticks, finely chopped
- 2 yellow or orange peppers, finely chopped
- 2 tbsp sunflower or rapeseed oil
- 2 x 460g jars roasted red peppers
- 2 tsp chipotle paste
- 2 tbsp red wine vinegar
- 1 tbsp cocoa powder
- 1 tbsp dried oregano
- 1 tbsp sweet smoked paprika
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- 2 x 400g cans chopped tomatoes
- 400g can refried beans
- 3 x 400g cans kidney beans, drained and rinsed
- 2 x 400g cans black beans, drained and rinsed

1 Put the onions, celery and peppers with the oil in your largest flameproof casserole dish or heavy-based saucepan, and fry gently over a low heat until soft, but not coloured.

2 Drain both jars of peppers over a bowl to catch the liquid. Put a quarter of the peppers in a food processor with the chipotle paste, vinegar, cocoa, dried herbs and spices. Whizz to a purée, then stir

into the softened veg and cook for a few mins.

3 Add the tomatoes and refried beans with 1 can water and the reserved pepper liquid. Simmer for 1 hr until thickened, smoky and the tomato chunks have broken down.

4 At this stage you can cool and chill the sauce if making ahead. *Will keep chilled for two days or frozen for three months. Reheat until piping hot.* Otherwise, add the kidney and black beans, and the remaining roasted peppers, cut into bite-sized pieces, then reheat. Once bubbling and the beans are hot, season to taste before serving.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 324 kcals • fat 6g • saturates 1g • carbs 42g • sugars 11g • fibre 19g • protein 17g • salt 1.4g



reduce waste

love your leftovers

Quick and easy ideas to make the most of your leftovers from our midweek meals



Gherkin potato salad

Finely chop **5 leftover gherkins** from the baked potatoes and tip into a bowl. Mix in **500g cooked new potatoes**, quartered, **100g mayonnaise**, **2 sliced spring onions**, a **handful of chopped soft herbs** (like dill or chives), a **splash of the pickle brine** and **squeeze of lemon juice**. Season well and stir. Serve with **grilled salmon**.

Carrot & sultana salad

This is an excellent side dish for curries and mezes. Coarsely grate **4 leftover carrots** from the slaw recipe and tip into a bowl. Mix in **50g sultanas**, a **splash each of vinegar** and **rapeseed oil**, finely **chopped mint leaves**, a **squeeze of honey** and a **pinch each of cumin, coriander** and **cinnamon**. Season.

Roti wraps

For a quick lunch, stuff leftover **chicken** and **slaw** from the recipe into leftover **warmed roti** from the tofu curry recipe.

Sriracha fried rice

Heat a **generous drizzle of vegetable oil** in a non-stick pan over a medium heat and stir in leftover **cooked rice** to coat. Press down using a spatula and cook undisturbed for 7 mins until crunchy. Stir through **2 beaten eggs**, then add a **splash each of soy sauce** and **sriracha**, **rice vinegar** and a **dash of fish sauce**. Taste for seasoning. Add **frozen sweetcorn**, **cooked shredded chicken** and **water chestnuts**, if you like.

Three ways with frozen peas

from the pesto, cheese & pea tart recipe on page 34



Pea hummus

Cover **200g frozen peas** with boiling water. Let stand for 5 mins, then drain and tip into a food processor with **1 small garlic clove**, **1 tbsp tahini**, $\frac{1}{2}$ x **400g can of chickpeas**, drained, a **drizzle of olive oil** and **squeeze of lemon juice**. Blitz until smooth. Season well. *Will keep covered and chilled for up to three days.*



Pea pesto

Cover **150g frozen peas** with boiling water. Let stand for 5 mins before draining. Tip into a food processor with **1 garlic clove**, **2 tbsp extra virgin olive oil**, **3 mint sprigs**, **30g walnuts** and **25g grated parmesan**. Blitz until chunky, season and add more oil, if needed. Toss through **pasta**. *Any leftover pesto will keep chilled for three days.*



Pea tortellini

Cook **1 pack spinach & ricotta tortellini** following pack instructions. Add **200g frozen peas** in the final 2 mins. Reserve a mug of the water, then drain and set aside. Fry **200g sliced mushrooms** and **50g chopped prosciutto** in a **drizzle of olive oil** until brown and crisp. Add the tortellini, peas, **2 tbsp butter**, a **handful of grated parmesan** and a splash of the water. Stir until the cheese has melted.



Savor the slow-cooked magic
of a timeless recipe from India
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Where Tradition Meets Innovation

Discover the artistry of Chef Mohammad Sitab Alam at Flavours of India and experience an unforgettable gastronomic adventure

At Flavours of India, we embark on a gastronomic journey that transports you straight to the bustling streets of India. Our culinary prowess is orchestrated by none other than Executive Chef Mohammad Sitab Alam, the creative genius behind our culinary masterpieces.

Chef Mohammad Sitab Alam's culinary odyssey commenced at the age of 24, where he honed his skills in the hallowed Indian Royal Kitchen under the meticulous tutelage of Master Chef Salim Qureshi. With a lineage steeped in the rich traditions of Northern Indian cuisine, the Qureshi family are revered tastemakers of Indian gastronomy, particularly Mughlai cuisine.

Over the years, Chef Mohammad Alam has meticulously refined his craft, becoming a culinary stalwart. His illustrious career has seen him as the driving force behind esteemed brands such as Asha's, Gharana, Delhi Darbar, Royal Biryani, Salaam Bombay, and leading hospitality groups including The Ritz Carlton, Radisson Blu, Crowne Plaza and Holiday Inn.

Chef Mohammad Alam's innovative cooking methods and imaginative interpretations of Indian cuisine have been a sight to behold. His ability to infuse traditional dishes with fresh perspectives has proven to be the secret ingredient that makes Flavours of India a culinary sensation.



Flavours of India continues to allure its guests with its food and new offerings, like the recently launched Champaran ka Matka, a popular dish from a small town in Bihar that uses slow cooking and almost takes 12 hours to make. This dish is a testament to our dedication to preserving the authenticity of regional Indian cuisine

while adding contemporary twists that surprise and delight our patrons.

We invite you to join us on a remarkable culinary voyage where each dish is a celebration of India's diverse flavours, brought to life at Flavours of India.

For more information, visit ramadajbr.com/en/flavours-of-india/



Diwali delights

Make these creamy, nutty truffles to celebrate the Hindu Festival of Lights on 12 November – they're also ideal for gifting

recipe ROOPA GULATI photograph TOM REGISTER

White chocolate, pistachio & cardamom truffles

MAKES 35-40 **PREP** 40 mins plus
3-5 hrs chilling **COOK** 5 mins
EASY V

8 green cardamom pods,
seeds removed
¼ tsp caster sugar
175g unsalted shelled pistachios
250g white chocolate, finely chopped
180ml double cream
75g unsalted butter, softened

1 Pound the cardamom seeds and sugar together using a pestle and mortar until the seeds are finely ground. Set aside. Tip the pistachios into a food processor and blitz until finely chopped.

2 Put the chocolate in a heatproof bowl. Tip the cream and ground cardamom mixture into a small pan and bring to a simmer over a low heat, stirring occasionally, for 2 mins until steaming. Slowly pour over the chocolate, whisking until the chocolate has melted.

3 Mix in the butter, 1 tsp at a time, until fully incorporated. Stir in 80g of the chopped pistachios, then cover the bowl and chill for 3-4 hrs to firm up.

4 Scoop the truffle mixture into marble-sized balls using a teaspoon, and gently roll each piece between your palms to shape. (You may want to wear gloves for this.) Arrange the truffles on a tray lined with parchment and chill for 30 mins to firm up.

5 Tip the remaining chopped pistachios onto a large plate and roll the truffles in them to evenly coat. *Will keep chilled in an airtight container for five days.* Serve at room temperature.

GOOD TO KNOW gluten free

PER SERVING (40) 95 kcal • fat 8g • saturates 4g •
carbs 4g • sugars 4g • fibre 0.4g • protein 2g • salt 0.02g



NATURALLY EUROPEAN

Put some color in your cooking with French butter.

It is probably fair to say that butter has been a part of many people's childhood – slathered on toast, used to enhance the taste to hot, flaky croissants, or form the base of many a sandwich.

So, what is it about European butter, especially French, that makes it stand out? A lot. The perfect combination of terroir, climate and farmers' commitment equals high quality milk that results in the creation of these perfect sheets of gold.

25-30L

The quantity of milk produced per day by a cow.

82%

French butter has a minimum of 82% fat content.

80kg

A French cow consumes between 50-80Kg of food per day.

22L

The quantity of milk required to produce one kilo of Butter.



Cover photography: TheKateTin.com



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make & take

perfect pickle

As the holiday season draws near, we continue our series inspiring you with ideas to fill a homemade hamper

recipe ESTHER CLARK photograph MYLES NEW



Spiced squash & curry leaf pickle

Our Indian-inspired pickle is heady with tamarind and spices. Gift to friends to enjoy with cheddar and crackers, samosas or a Boxing Day turkey curry.

MAKES 8 x 500ml jars **PREP** 1 hr
COOK 2 hrs **EASY**

1.5kg peeled squash, cut into 1cm cubes (butternut, acorn or pumpkin would work well)
4 onions (around 350g), roughly chopped
3 green or red chillies, finely chopped
120g ginger, grated
5 garlic cloves, grated
150g golden sultanas
1kg light brown soft sugar
100g tamarind paste
3 tsp coriander seeds, lightly crushed
3 tsp nigella seeds
400ml white wine or cider vinegar
30 fresh curry leaves, torn

1 Put all the ingredients, except the curry leaves, into a large preserving pan with 2 tsp sea salt, 1 tsp freshly ground black pepper and 500ml water. Mix well and bring to a simmer. Cook on a medium heat for 1 hr 45 mins-2 hrs, without a lid, until the squash is tender and the mix is significantly reduced and glossy. Add the curry leaves 15 mins before the end of cooking.

2 Spoon the pickle into eight sterilised jars and tightly seal the lids. *Will keep for six months unopened and chilled for six weeks after opening. Best left to mature for at least one week before serving.*

PER SERVING (1 tbsp) 28 kcal • fat none • saturates none • carbs 6g • sugars 6g • fibre 0.3g • protein 0.2g • salt 0.06g



Tom Kerridge's

best-ever cookies p52



Join the

curry club p62



Sow, grow, glow

earthly comforts p67



Britain's regional heroes

bath buns p80

weekend

Mouthwatering dishes to dig into with your family and friends



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Add a little *spice*

Bring comfort to the everyday with hearty recipes that make the most of warming spices

recipes GOOD FOOD TEAM *photographs* LIAM DESBOIS

Black pepper chicken & lemon yogurt

We tend to think of pepper as seasoning rather than a spice, but this recipe proves just how much heat and flavour it can bring to a dish when you make it the star of the show. Here, we've spatchcocked the chicken for quick cooking and to give the marinade maximum coverage, but it can also be used on a standard whole chicken or budget-friendly chicken pieces.

SERVES 4 **PREP** 30 mins plus 1 hr marinating **COOK** 45 mins **EASY**

1 tbsp black peppercorns
5 garlic cloves, grated, plus
1 whole garlic bulb
1 tsp ground turmeric
2 lemons, 1 juiced, plus extra
wedges to serve
1.5g whole chicken, spatchcocked
(see tip, right)
1 tbsp olive oil
400g Greek yogurt
small bunch of coriander, roughly
chopped (optional)
peppered rice, to serve (see right)

1 Crush the peppercorns using a pestle and mortar. Add the grated garlic and $\frac{1}{2}$ tsp salt, and mash to a thick paste. Stir in the turmeric and lemon juice, then set aside.

2 Sit the chicken in a dish, skin-side up, and evenly slash the skin all over. Rub the marinade all over the chicken so it's completely coated, then cover and chill for at least 1 hr, or ideally overnight.

3 Heat the oven to 220C/200C fan/gas 7. Transfer the chicken to a shallow roasting tray, skin-side up,

and sit the garlic bulb alongside it. Drizzle the oil mostly over the chicken and a little over the garlic. Roast for 30 mins, then remove the garlic bulb from the tray and set aside. Continue to roast the chicken for 10-15 mins more, or until crisp-skinned and cooked all the way through. If you have a cooking thermometer, it should read at least 65C when inserted into the breast, and 70C in the thigh. Leave the chicken to rest, uncovered, for 10-15 mins in the tray.

4 Meanwhile, peel and squeeze the garlic from the roasted bulb into a bowl, then mix in the yogurt. When the chicken has rested, lift it onto a board and stir all the resting pan juices into the yogurt. Taste the yogurt for seasoning, adding a bit more lemon juice if needed. Slice the chicken into pieces and serve scattered with coriander, if using, alongside the yogurt sauce, peppered yellow rice (see recipe, right) and lemon wedges on the side, if you like.

GOOD TO KNOW gluten free
PER SERVING 486 kcals • fat 35g • saturates 13g •
carbs 7g • sugars 5g • fibre 1g • protein 34g • salt 1.1g

Peppered yellow rice

SERVES 4-6 **PREP** 10 mins
COOK 30 mins **EASY** **V**

Melt 25g **butter** in a large pan over a medium heat and cook **1 finely chopped onion** with a large pinch of salt for 10 mins until golden. Stir in 1 tsp cracked black pepper and $\frac{1}{2}$ **tsp ground turmeric**, and cook for 1 min more. Stir in **300g basmati rice**, rinsed, then pour over **500ml vegetable or chicken stock** or water, and stir well. Cover and bring to the boil, then remove the lid, stir, cover again, and reduce the heat to low. Cook for 2 mins, then turn the heat off and set aside for 10 mins. Stir, then cover again and leave to stand for a final 5 mins.

GOOD TO KNOW low fat
PER SERVING (6) 231 kcals • fat 4g • saturates 2g •
carbs 42g • sugars 2g • fibre 1g • protein 6g • salt 0.6g

How to spatchcock a chicken

Flip the chicken over so it's breast-side down and the backbone is facing you. Using kitchen scissors, cut down both sides of the backbone, remove it and set aside to use in the gravy. Turn the chicken over so it's breast-side up, and push down firmly on the breastbone to flatten the bird.

Pepper

Let's set things straight here: salt is for seasoning, and pepper is a spice. Pepper universally works to bring mild heat to a dish – it has its own fragrance and flavour profile, and can be the star of a recipe. Black peppercorns are the young green berries of the pepper plant, which have been fermented and dried to intensify their flavour and extend shelf life. Though black pepper can be bought crushed or ground, like with all spices, it's more aromatic to grind it fresh using a peppermill, or roughly crush using a pestle and mortar when needed. Black pepper comes alive when toasted, so if you're making a dish like cacio e pepe, toast the pepper in the pan with the butter or olive oil rather than adding at the end.



Cumin-scented lamb, aubergine & halloumi hotpot

This twist on a lamb hotpot uses a blend of everyday spices to create an aromatic dish with warming, earthy notes and an eye-catching topping of aubergine and halloumi.

SERVES 4-6 **PREP** 20 mins

COOK 2 hrs 20 mins **EASY** ✨

3 tbsp olive oil, plus a drizzle
1 large onion, finely chopped
2 large garlic cloves, crushed
10g ginger, peeled and grated or finely chopped
400g lamb mince
2 tsp ground cumin
1 tsp each paprika and ground coriander
½ tsp ground cinnamon
1 tsp dried oregano
½ tsp dried mint
2 tbsp tomato purée
1 tbsp harissa paste (optional)
400g can chopped tomatoes
2 tsp sugar
400g can chickpeas, drained
2 aubergines, sliced into thin rounds
225g block of halloumi
pinch of chilli flakes (optional)
handful of mint leaves, picked or chopped
flatbreads, rice or couscous, to serve

1 Heat 1 tbsp of the oil in a large flameproof casserole or deep frying pan (a wide, shallow pot is best for this dish) over a low-medium heat

and cook the onion for 5-8 mins until softened and starting to caramelise. Stir in the garlic and ginger, and cook for another minute.

2 Push the onion mixture to the side of the pan, turn up the heat slightly and add the lamb to the other side. Cook for 3-4 mins until browning, then break it up with a spoon and mix in the onions. Stir in the spices and herbs, and simmer for 1-2 mins.

3 Mix in the tomato purée and harissa, and cook for 1 min more. Tip in the tomatoes, a can of water, some seasoning and the sugar. Stir, then cover and simmer over a low heat for 1 hr, stirring occasionally and adding a splash of water if it looks dry. Add the chickpeas for the final 30 mins. Or, cook in a slow cooker on low for 5-6 hrs.

4 Meanwhile, heat 2 tsp oil in a large frying pan over a medium heat and fry the aubergine slices in a single layer (you'll need to do this in batches). Cook for 2-3 mins on each side until just golden and softened, adding another 2 tsp oil between each batch. Transfer to a plate.

5 Cut the halloumi into thin slices (you should get about 10), then

halve each piece across the shorter width – don't worry if they fall apart. Arrange the aubergine in overlapping concentric circles on top of the mince, then tuck in the halloumi slices. Sprinkle over the chilli flakes, if using. Cover the pan with foil or a lid and bake for 20 mins at 180C/160C fan/gas 4, then remove the foil and bake for a further 15 mins until the halloumi has started to brown. Scatter over the fresh mint and serve with flatbreads, rice or couscous. *Once cool, will keep chilled for 48 hrs or frozen for up to three months.*

GOOD TO KNOW calcium • fibre • 3 of 5-a-day • gluten free

PER SERVING (6) 394 kcals • fat 23g • saturates 10g • carbs 17g • sugars 10g • fibre 8g • protein 26g • salt 1.2g

Make it veggie

If you want to make this dish vegetarian, simply replace the lamb with another can of chickpeas. Make the spiced tomato sauce first, simmer for 10 mins, then add the chickpeas and simmer for another 20 mins.

Cumin

Cumin seeds and powder are extensively used in Indian, Mexican, Middle Eastern and North African cooking. They add a warm, earthy flavour to dishes and are a crucial component of spice blends like curry powder, ras el hanout and garam masala. Cumin is native to the eastern Mediterranean region and has been cultivated for thousands of years. Cumin also has several health benefits: it's rich in antioxidants and possesses anti-inflammatory properties. It is said to aid digestion and relieve respiratory ailments.



Meatballs in a tomato, cardamom & lime sauce

Perfect for a weeknight dinner or part of a larger spread, these rich meatballs are complemented by the zingy lime and cardamom.

SERVES 4 **PREP 15 mins**
COOK 35 mins **EASY** 🌟

400g 15% fat beef mince
20g dill, roughly chopped
½ tsp bicarbonate of soda
3 tbsp olive oil
2 shallots, finely chopped
3 garlic cloves, finely chopped
1 green chilli, finely chopped
1 tbsp tomato purée
2 x 400g cans chopped tomatoes
2 tsp ground cardamom, or
12 cardamom pods, opened
and crushed
1 lime, zested and juiced
1 tsp sugar, plus a pinch
couscous, rice or flatbreads, to serve

1 Mix the beef mince, half the dill, the bicarb (to help keep them juicy) and plenty of salt and pepper together in a bowl. Roll into roughly 20 meatballs (about 25g each), then chill while you make the sauce.

2 Heat 2 tbsp of the oil in a large, shallow pan over a medium-low heat and cook the shallots, garlic, chilli and a pinch of salt for

8-10 mins until the shallots are lightly caramelised.

3 Add the tomato purée and turn up the heat slightly, cooking until it has darkened, about 2-3 mins. Add the chopped tomatoes, 150ml water, the cardamom, lime zest, sugar and a good pinch of salt. Bring to the boil, then reduce the heat to a simmer and cook for 10 mins. Heat the grill to high.

4 Tip the meatballs into the sauce and cook for 8-10 mins until they are nearly cooked through. Remove the lid, then put the pan under the grill for 4-5 mins until the top has some colour. Remove from the grill and leave to cool slightly.

5 Mix the rest of the dill with the lime juice, remaining 1 tbsp olive oil, a pinch of sugar and some seasoning. Dot this over the meatballs, then serve with couscous, rice or flatbreads. *Once cool, will keep chilled for 48 hrs and frozen for up to three months.*

GOOD TO KNOW vit c • iron • 1 of 5-a-day • gluten free
PER SERVING 362 kcal • fat 25g • saturates 8g •
carbs 10g • sugars 10g • fibre 3g • protein 23g •
salt 0.6g

Cardamom

Cardamom has a lovely flavour – it's lightly citrusy, so it pairs perfectly with the zingy lime in this meatball dish. It's often called the 'queen of spices', and is used in Sri Lanka and Scandinavia. It comes in black and green varieties, with black cardamom being smoke-dried after it is harvested. If you don't think you'll get through a jar of ground cardamom quickly, it's worth purchasing the pods, as the flavour of ground cardamom can diminish quite quickly and its strength varies from brand to brand. Cardamom pods, when stored in a dark place in an airtight container, will keep their strength for around a year.



Tom Kerridge's best-ever cookies

Tom proves that homemade is best
with this bake for the biscuit jar

photographs MYLES NEW

We're all being told to eat fewer processed foods, which I think is pretty easy to do when it comes to main meals and dinners – but I think the things people struggle with most are the sweet treats. If you take the time to bake something

for the biscuit tin once a week, you're safe in the knowledge that you'll have something homemade when you get a craving. Here are my comforting cookies – they've been made to look like shop-bought, but taste so much better.



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Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast.

🐦 @ChefTomKerridge



Double chocolate chip cookies

Chill the cookie dough to get ahead, but also to develop its flavour – I recommend making it the day before baking.

MAKES 12 PREP 20 mins plus at least 3 hrs chilling COOK 15 mins EASY
V * unbaked dough only

125g unsalted butter, softened
 150g light brown soft sugar
 1 tsp vanilla extract
 1 egg
 2 tbsp whole milk
 2 tbsp cocoa powder
 200g self-raising flour
 ¼ tsp bicarbonate of soda
 200g white chocolate, chopped into small chunks

1 Beat the butter and sugar together in a bowl using an electric whisk or using a stand mixer, until the mixture is light and fluffy. Beat in the vanilla, egg and milk until just combined. Sift over the cocoa, then stir in the flour, bicarb and 1 tsp sea salt flakes until a dough forms. Fold in the white chocolate chunks, then chill the dough for at least 3 hrs, or up to 24 hrs.

2 Heat the oven to 180C/160C fan/gas 4 and line two large baking sheets with baking parchment. Divide the dough into 12 portions (weighing about 60g each) and roll each one into a ball. *The unbaked dough balls can be frozen for up to three months (see tip, right).* Arrange six balls over each baking sheet, leaving space between for spreading. Bake for 10 mins, remove from the oven and sprinkle over more sea salt. To neaten your cookies, you can put a larger round biscuit cutter or glass over the warm cookies on the baking tray, and gently swirl in a circular motion to round out the edge of the cookies. **3** Bake for 5 mins more for soft cookies, or if you prefer a firmer cookie, add a few extra minutes to the baking time. Leave to cool on the baking sheets for 10 mins, then transfer to a wire rack to cool until just warm, or leave to cool completely. *Once completely cool, will keep in an airtight tin for a few days.*

PER SERVING 288 kJ • fat 15g • saturates 9g • carbs 34g • sugars 22g • fibre 1g • protein 4g • salt 0.9g

5 more ideas

•Giant cookie

To transform the dough into a giant sharing cookie, **butter** a 25cm ovenproof frying pan, spoon in the **cookie dough** and flatten into an even layer using the back of the spoon. For a gooey dessert, bake for 20 mins, then scoop warm straight from the pan and serve with ice cream, if you like. For a firmer cookie, bake for 30 mins, then leave to cool completely before cutting into wedges.

•Chocolate chip

For a more traditional cookie dough, omit the cocoa powder and swap the white chocolate for some chunks of **dark chocolate**.

•Chocolate & nut

While these cookies are just chocolate, nuts are a nice addition. For this amount of dough, you can add about **100g toasted hazelnuts, almonds or pecans**, roughly chopped.

•Flour power

Use a mixture of **50g rye, spelt or wholemeal flour, 150g self-raising flour** and an extra pinch of **bicarbonate of soda** for a dough with a nuttier flavour.

•Double & freeze

The unbaked balls of dough can be frozen, then baked straight from the freezer – add 5 mins to the bake time.



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Make your weekend memorable

Relax and enjoy some time in the kitchen cooking something special for friends or family

recipes AILSA BURT *photographs* KIM LIGHTBODY

Friday night
treat

Baked pork, apple
& cheddar meatballs

Slow-cooker
Sunday lunch

Quince-glazed brisket
with hasselback potatoes



If you're out of milk, use water to soak the breadcrumbs for the meatballs.

Baked pork, apple & cheddar meatballs

SERVES 4 PREP 30 mins
COOK 1 hr EASY 🌱 🍳

75g dried breadcrumbs
2 tbsp milk
3 eating apples, grated
125g extra mature cheddar
500g pork mince
2 tsp dried mixed herbs
1 tsp garlic granules
1 tsp onion granules
1 egg, beaten
crusty bread and salad, to serve
For the sauce
1 tbsp olive oil
25g unsalted butter
3 large garlic cloves, crushed
½-1 tsp chilli flakes (optional)
680g passata
small handful of basil, roughly chopped
1 tsp caster sugar

1 Tip the breadcrumbs, milk and apples into a bowl and set aside for 5 mins. Meanwhile, cut about 100g of the cheese into 20 small cubes. Coarsely grate the rest. Tip the mince, herbs, garlic and onion granules and the beaten egg into the breadcrumb mixture. Season well and mix together using your hands. Form into 20 balls, weighing 40-45g each, then flatten. Press a cube of cheese into the centre of each one and roll into a ball again to enclose the cheese. *Will keep covered and chilled for up to 24 hrs, or frozen for up to three months. To freeze, arrange on a baking tray lined with baking parchment, freeze until solid, then tip into a freezer bag.*
2 Heat the oven to 220C/200C fan/gas 7. Heat the oil and butter in an ovenproof frying pan over a low heat and cook the garlic and chilli for 2 mins. Pour in the passata, then swill out the jar with a little water and add that too. Stir in the basil and sugar. Season and bring to a simmer. Nestle the meatballs in the sauce and bake for 25-30 mins until just cooked through. Sprinkle over the grated cheese. Reduce the oven to 200C/180C fan/gas 6 and bake for 15-20 mins more until the cheese has melted. Serve with plenty of crusty bread and salad.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING 597 kcal • fat 34g • saturates 15g • carbs 32g • sugars 18g • fibre 3g • protein 40g • salt 1.9g

Quince-glazed brisket with hasselback potatoes

SERVES 6-8 PREP 25 mins
COOK 8 hrs 40 mins EASY

2kg flat piece of beef brisket
1 garlic bulb, halved
4 shallots, halved (no need to peel)
small bunch of thyme
1 tbsp black peppercorns
800ml-1 litre hot beef stock
1kg small waxy potatoes, such as Charlotte or La Ratte
2 tbsp olive oil
50g unsalted butter
50g plain flour
steamed greens, to serve
For the glaze
120g membrillo quince paste
1 tbsp Worcestershire sauce
2 tbsp apple cider vinegar
30g dark brown soft sugar

1 Put the brisket in a large slow cooker and nestle in the garlic, shallots and thyme. Scatter over the peppercorns. Pour over enough stock to cover the brisket. Cover and cook on high for 6-8 hrs until tender.
2 Mix the ingredients for the glaze together with 150ml water in a small pan. Warm gently, stirring occasionally, until the paste has melted. Set aside. One by one, put a potato between the handles of two wooden spoons and make cuts, a few millimeters apart, until your knife reaches the spoon handles. Toss the prepared potatoes in a large roasting tin with the olive oil and some seasoning.
3 Carefully drain the liquid from the brisket, reserving it for the gravy, and transfer to the tin with the potatoes. Season. Heat the oven to 200C/180C fan/gas 6. Brush the glaze over the brisket and roast for 30-40 mins, spooning the glaze over every 10 mins until sticky.
4 To make the gravy, melt the butter in a saucepan. Once foaming, stir in the flour. Cook for 2-3 mins until lightly golden, then whisk in the reserved cooking juices, a little at a time. Bring to a simmer and bubble for 5-10 mins to thicken. Season, then strain, discarding the shallots, garlic and herbs. Serve with the brisket, potatoes and greens.

GOOD TO KNOW iron
PER SERVING (8) 702 kcal • fat 36g • saturates 15g • carbs 41g • sugars 13g • fibre 4g • protein 50g • salt 0.5g

Cardamom & coffee streusel cake

MAKES 16 squares PREP 30 mins
COOK 40 mins EASY V

100g salted butter, plus extra for the tin
225g plain flour
1½ tsp baking powder
2 tsp espresso powder
1 tsp ground cardamom
150g golden caster sugar
50g light brown soft sugar
2 eggs
200g soured cream
1 tsp vanilla extract
For the streusel
60g plain flour
1 tsp espresso powder
75g light brown soft sugar
½ tsp ground cardamom
60g salted butter, cubed
For the filling
150g light brown soft sugar
2 tbsp plain flour
½ tsp ground cardamom
1 tsp espresso powder

1 Butter a 20cm square cake tin and line with baking parchment. For the streusel, mix the flour, espresso, sugar and cardamom in a bowl. Rub in the butter until the mixture resembles coarse breadcrumbs, then press bits together – you want a mixture of large and small crumbs. Chill until needed. Combine the filling ingredients and set aside.
2 Heat the oven to 180C/160C fan/gas 4. For the cake, mix the flour, baking powder, espresso and cardamom together in a bowl and set aside. Beat the butter and both sugars together in a separate bowl using an electric whisk until creamy, about 4-5 mins. Add the eggs one at a time, beating well after each addition, then beat in the soured cream and vanilla until smooth. Fold in the flour mixture. Spoon half the batter into the tin, then sprinkle over the filling. Dollop over spoonfuls of the cake batter and smooth out. Sprinkle over the streusel and bake for 35-40 mins until a skewer inserted into the centre comes out clean. Cool in the tin for 20 mins, then remove to a wire rack to cool completely. Cut into squares. *Will keep in an airtight container for up to five days.*

PER SERVING 290 kcal • fat 12g • saturates 7g • carbs 42g • sugars 27g • fibre 1g • protein 3g • salt 0.4g

Saturday
afternoon
bake





Brunch
with
friends

gf tip

If you can't get buttermilk, combine 1 tbsp lemon juice with 235ml milk and set aside for 5 mins until curdled – it's then ready to use.

Chipotle & honey cornbread with black bean salsa

SERVES 8 PREP 30 mins

COOK 30 mins EASY V

100g unsalted butter
175g plain flour
300g cornmeal or fine ground polenta
2 tsp baking powder
 $\frac{1}{2}$ tsp bicarbonate of soda
1-2 tsp chipotle chilli flakes, to taste
250ml buttermilk
60ml vegetable oil
4 tbsp honey
2 eggs
grilled streaky bacon and poached eggs, to serve (optional)

For the black bean salsa

2 x 400g can black beans, drained and rinsed
4 spring onions, finely sliced
20g coriander, finely chopped
150g feta, crumbled
2 avocados, peeled, stoned and cut into 1cm cubes
4 tbsp extra virgin olive oil
1 lime, juiced

1 Heat the oven to 200C/180C fan/gas 4. Melt the butter in a 23cm cast iron frying pan or shallow flameproof casserole. Tip the butter into a bowl and set aside to cool slightly. Meanwhile, tip the flour into a large bowl and mix in the cornmeal, baking powder, bicarb, chilli flakes and 1 tsp fine sea salt. Pour the buttermilk into a jug and whisk in the oil, 3 tbsp of the honey and the eggs until combined. Make a well in the dry ingredients and pour in the buttermilk mixture. Stir just until no dry pockets remain and the mixture is smooth – don't overmix. Stir in the melted butter, then pour into the frying pan. Bake for 25-30 mins until golden and a skewer inserted into the centre comes out clean. Drizzle over the remaining 1 tbsp honey.

2 Meanwhile, to make the salsa, combine all the ingredients except the lime juice. Add the lime juice to taste. Season and set aside. Serve the cornbread warm in wedges, with the salsa on top and poached eggs and bacon on the side, if you like.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 654 kcs • fat 35g • saturates 12g • carbs 64g • sugars 11g • fibre 8g • protein 17g • salt 1.6g

Join the curry club

The Friday night curry is a tradition, and these three recipes will soon become your new favourites

photographs KIM LIGHTBODY

Jamaican curry chicken

In Jamaica, curry is up there with soups and stews as a daily staple. The dish is a lingering legacy of the indentured Indian population who came to the shores of the Caribbean. The most popular curries are those laden with chicken. For best results, marinate for as long as possible. Riaz Phillips

SERVES 4 **PREP** 20 mins plus
marinating **COOK** 50 mins **EASY**

700g boneless chicken (thigh or breast), cut into chunks
1 lime or lemon, juiced (optional)
1 tbsp vinegar of your choice (optional)
4 tbsp oil of your choice, for frying
2 carrots, cut into 1.5cm rounds or finely chopped
300g potatoes (ideally Irish or Russet), cut into 3-4cm pieces
400ml can coconut milk
1 tsp dark soy sauce (optional)
½ tsp brown sugar (optional)
1 tbsp coriander leaves, roughly chopped
avocado, cooked white rice and Caribbean roti, to serve

For the marinade

1 white onion, chopped
1 spring onion, sliced
3 garlic cloves, crushed
1 scotch bonnet pepper, chopped (deseeded if you prefer less heat), or 1 tsp chilli powder

6 pimento seeds, crushed, or 1 tsp allspice
1 tsp grated ginger
1 tbsp all-purpose seasoning
1 tsp ground cumin
½ tsp ground turmeric (optional)
2 tbsp Jamaican or mild curry powder

1 Put the chicken in a large bowl, add the lemon or lime juice and vinegar, and cover with cold water. Massage the mixture into the chicken, then drain. This step is optional, but traditional in Jamaica.
2 Put all the marinade ingredients and 1 tsp salt in a clean bowl along with the chicken. Using your hands, combine all the ingredients to coat the chicken. Cover and leave to marinate for at least 30 mins, or ideally in the fridge overnight.
3 Heat the oil in a heavy pot or pan over a medium heat. Gently scrape the contents of the marinade bowl into the pan and set the bowl aside. Fry the chicken until light brown,

about 3 mins each side. Tip in the carrots and potatoes, and stir for 2 mins more.

4 Pour 400ml hot water into the marinade bowl, swirl it around and pour this into the pan. Add the coconut milk so it covers the chicken, then stir in the soy sauce, if using. Turn the heat up to high until the liquid starts to bubble, then reduce the heat to low and simmer, covered, for 30 mins. Remove the lid and cook for 10-15 mins more until the sauce is your desired consistency. Season with black pepper and the sugar, if using, to taste. Scatter over the coriander and serve with avocado, white rice and roti, if you like.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING 615 kJ • fat 40g • saturates 19g •
carbs 22g • sugars 7g • fibre 6g • protein 38g •
salt 2.2g





Chicken pasanda

Chicken pasanda is a mild, creamy and aromatic chicken curry. I marinate the chicken in yogurt with gentle spices and lots of ginger and garlic for an intense flavour. It's guaranteed to become a new family favourite. **Chetna Makan**

SERVES 4 **PREP** 30 mins

COOK 30 mins **EASY**

200g natural yogurt
½ tsp ground turmeric
½ tsp chilli powder
4 garlic cloves, grated
2½cm piece of ginger, peeled and grated
8 boneless, skinless chicken thighs, cut into bite-size pieces
handful of coriander, finely chopped
handful of flaked roasted almonds
cooked rice or naan, to serve

For the curry sauce

50g blanched almonds
100ml whole or almond milk
4 tbsp sunflower oil
4 cardamom pods
1 cinnamon stick
4 onions, finely chopped
4 garlic cloves, grated
2½cm piece of ginger, peeled and grated
1 red chilli, thinly sliced, plus extra to serve (optional)
½ tsp ground turmeric
2 tsp ground coriander
1 tsp garam masala
2 tbsp double cream

1 Put the yogurt, spices, garlic, ginger and ½ tsp salt in a large bowl, and mix well. Stir in the chicken, making sure it's well coated. Cover and leave to marinate for 30 mins while you make the curry sauce.

2 Tip the blanched almonds into a heatproof bowl and pour over the milk. Warm it in the microwave for 1 min, then set aside for 30 mins.

3 Heat the oil in a pan over a medium heat and sizzle the cardamom and cinnamon for a few seconds before adding the onions. Cook over a low-medium heat for 5-6 mins until lightly golden. Add the garlic, ginger and chilli, and cook for 1 min before adding the spices and ½ tsp salt. Cook for 2 mins, stirring until fragrant.

4 Blitz the almond and milk mixture to a paste using a food processor or hand blender. Add this to the onion mixture and pour in 300ml water. Cook for 1 min until heated through, then add the marinated chicken. Bring to the boil, cover and cook for 15-20 mins until the chicken is cooked through. Reduce the heat to low and add the cream and most of the coriander, and mix well. Warm through for 1 min. Sprinkle over the flaked almonds, extra chilli (if using) and coriander, and serve with rice or naan.

GOOD TO KNOW calcium • 1 of 5-a-day • gluten free
PER SERVING 586 kcals • fat 40g • saturates 11g •
carbs 20g • sugars 15g • fibre 4g • protein 34g •
salt 2.2g





Thai red chicken curry

If you're after a quick and easy Thai dish, it's got to be a red curry. The flavours are so well balanced, it will make you fall in love with Thai food even more.

Marni Xuto

SERVES 4 PREP 20 mins

COOK 30 mins EASY

2 tbsp vegetable oil
400ml can coconut milk
4 boneless chicken thighs (about 250g), cut into chunks or sliced
1 courgette, cut into 1.5cm rounds or roughly chopped
1 aubergine, roughly chopped
100g bamboo shoots, sliced
1 tsp sugar
1 tsp fish sauce
½ tbsp oyster sauce
½ tsp lemon juice
cooked jasmine rice and 1 sliced red chilli, to serve

For the red curry paste

3 dried arbol chillies, soaked in water for 10 mins, deseeded
½ red chilli, sliced
10g coriander, stems sliced, leaves picked and reserved to serve
1 lemongrass stalk, thinly sliced
½ lime, zest pared
5g galangal, peeled and roughly chopped
1 shallot, roughly chopped
2 garlic cloves, crushed
2 tbsp vegetable oil
½ tbsp paprika
1 tsp shrimp paste (optional)

1 Blend all the curry paste ingredients together in a food processor with 2 tbsp water and ¼ tsp salt until smooth.

2 Heat the vegetable oil in a medium saucepan over a medium heat and fry the curry paste for 2-3 mins until fragrant. Spoon in 3 tbsp of the coconut milk and tip in the chicken. Cook, stirring, until the chicken has browned but is not completely cooked. Stir in the rest of the coconut milk, the courgette, aubergine and bamboo shoots. Bring to the boil and simmer for 15 mins. Stir in the sugar, fish sauce, oyster sauce and lemon juice. Serve with fluffy jasmine rice and scatter over the coriander leaves and sliced red chilli.

GOOD TO KNOW fibre • 2 of 5-a-day • gluten free
PER SERVING 444 kcals • fat 33g • saturates 17g • carbs 12g • sugars 8g • fibre 8g • protein 20g • salt 0.9g



Sow, grow, glow: *earthy comforts*

**SOW
grow
glow**

Let autumn produce shine in our hearty meat-free dinners, plus get advice on growing your own from Gardeners' World

recipes SAMUEL GOLDSMITH & HELENA BUSIAKIEWICZ

photographs GARETH MORGANS

THE BENEFITS OF GROWING YOUR OWN

Discover the satisfaction of nurturing produce from seed to plant, then turning your homegrown harvest into something delicious. As well as lowering your shopping bills, garden-fresh fruit and veg is more nutrient-rich than shop-bought, and only picking what you need reduces waste. Plus, being outdoors or losing yourself in a kitchen project can improve your sense of well-being. ▶

Roasted beetroot & feta salad

SERVES 4 **PREP** 20 mins plus marinating **COOK** 30 mins **EASY** **V**

4 beetroot, peeled and cut into chunks (use gloves to prevent staining)
1 tbsp olive oil
250g pouch cooked puy lentils
80g rocket
125g feta, crumbled
75g walnuts, roughly chopped
¼ bunch of chives, finely sliced
For the dressing
4 tbsp extra virgin olive oil
1 lemon, juiced (about 2 tbsp)
1 tsp Dijon mustard
1 tsp honey
½ bunch of chives, finely sliced

1 Heat the oven to 220C/200C fan/gas 7. Put the beetroot on a baking tray in a single layer. Drizzle over the oil and season well with salt and freshly ground black pepper. Toss the beetroot to ensure it's evenly coated in the oil, then roast for 30 mins until tender and beginning to turn golden at the edges.

2 Meanwhile, combine the dressing ingredients in a medium bowl and set aside. Once the beetroot is cooked, tip three-quarters of it into the dressing and leave to marinate for 45 mins.

3 Just before the beetroot has finished marinating, combine the puy lentils with the rocket, three-quarters of the feta and two-thirds of the walnuts. Stir through the dressing and the beetroot, and toss until everything is well combined. Tip onto a platter, top with the remaining feta and walnuts, and scatter the chives over the top.

GOOD TO KNOW folate • fibre • vit c • iron •
2 of 5-a-day • gluten free

PER SERVING 476 kcal • fat 34g • saturates 8g •
carbs 20g • sugars 9g • fibre 8g • protein 17g • salt 1.1g

SOW AND GROW

How to grow beetroot

- Sow beetroot seeds outdoors from mid-April to late June into a shallow drill, 1cm deep. Space seeds 10cm apart, with 30cm between rows. Being a root crop, it does best if the soil is free of large stones, and prefers light to fairly heavy soil.
- It's worth 'station sowing' beetroot to ensure a good crop. This means sowing two seeds at each location and thinning later to one seedling – the thinned seedlings are delicious eaten raw in salads. Label the row, then water along its length.



SOW AND GROW

Grow kohlrabi

- Sowing time depends on the variety and whether seed is being sown direct outside or started off under cover before planting outdoors. Purple kohlrabi is slower growing, but hardier than green varieties, so it's best to sow faster-growing green kohlrabi from March to June for early harvests, then sow the purple type in summer.
- Sow seeds under cover for an early crop, or sow outside from spring through summer. Make several successional sowings to ensure a continual supply. Keep well watered. Harvest when stems are golf- or tennis-ball-sized.

Roasted kohlrabi traybake

SERVES 4 **PREP** 15 mins

COOK 55 mins **EASY** **V**

2 large kohlrabi (about 1.3kg),
peeled and cut into wedges
230g baby plum tomatoes
3 thyme sprigs
1 red chilli, roughly chopped
2 tsp coriander seeds, crushed
(optional)
5 garlic cloves, bashed
25g unsalted butter, cubed
2 tbsp extra virgin olive oil, plus
a drizzle

For the topping

10g chives, finely sliced
5g bunch of basil, finely chopped
1 lime, zested and juiced
125g crème fraîche

1 Heat the oven to 240C/220C fan/
gas 9. Line a large, high-sided baking
tray with baking parchment. Tip the
kohlrabi, tomatoes, thyme, chilli,

coriander (if using) and unpeeled
garlic onto the tray. Scatter over the
cubes of butter and drizzle over the
oil. Season well, then toss together.
Roast for 20 mins. Turn the oven
down to 200C/180C fan/gas 6 and
cook for 35 mins until softened
and slightly charred.

2 Combine the topping ingredients
in a bowl and season. Leave the
kohlrabi to cool for 5 mins, then
dollop over the dressing and
drizzle over a little oil.

GOOD TO KNOW fibre • vit c •

2 of 5-a-day • gluten free

PER SERVING 345 kcs • fat 24g •

saturates 12g • carbs 16g • sugars 15g •

fibre 10g • protein 12g • salt 0.1g



Pumpkin pasta alla non-alcoholic vodka

SERVES 4 **PREP** 20 mins
COOK 45 mins **EASY** V

1 small pumpkin (about 600g),
cut into chunks
2 tbsp olive oil
12 sage leaves
1 small onion, finely chopped
2 garlic cloves, finely grated
or crushed
¼ tsp chilli flakes
500g pasta (we used penne)
75g tomato purée
75ml non-alcoholic vodka
100ml double cream

1 Cook the pumpkin for 15-20 mins in a steamer over boiling water, or cook in the microwave until tender. Set aside until cool enough to handle. Blitz in a food processor or using a hand blender until smooth.
2 Heat the oil in a large frying pan and fry the sage for 30 seconds-1 min until crisp. Lift out of the oil

using a slotted spoon and put on a plate lined with a sheet of kitchen paper to drain off the excess oil.

3 Fry the onion in the sage oil over a medium-low heat for 10-12 mins until softened but not golden. Stir in the garlic and chilli flakes, and cook for 1 min more. Set aside.

4 Cook the pasta following pack instructions, about 10-12 mins. Drain, reserving a mugful of the cooking water.

5 Meanwhile, put the onion mix back on the heat and stir in the tomato purée and non-alcoholic vodka. Cook for a few minutes until the alcohol evaporates, then stir in the pumpkin purée and double cream and bring to a simmer. Remove from the heat and stir into the cooked pasta along with enough of the pasta water to form a thick sauce. Top with the sage.

GOOD TO KNOW fibre • 3 of 5-a-day
PER SERVING 710 kcs • fat 21g • saturates 9g •
carbs 97g • sugars 9g • fibre 10g • protein 18g •
salt 0.04g


SOW AND GROW

How to grow pumpkins

- Sow pumpkin and squash seeds in pots of peat-free multipurpose compost in April and May. Transfer to larger pots when large enough to handle, and plant outside when all risk of frost has passed.
- Choose a sheltered, sunny spot and dig in lots of garden compost or well-rotted manure into the soil before planting. Plant at least 90cm apart, according to the variety. Cover the surrounding soil with a mulch of garden compost to retain moisture. Insert a bamboo cane next to each plant to find its centre for watering.



Wild mushroom risotto

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY** 

400g wild mushrooms,
roughly chopped
2 tbsp olive oil
50g butter
1 onion, finely chopped
2 garlic cloves, crushed or
finely grated
300g risotto rice
150ml white wine
1 litre mushroom stock (see tip)
50g parmesan or vegetarian
alternative, grated

1 Heat a large, dry frying pan over a medium heat and fry the mushrooms until they release their moisture and it has mostly evaporated, about 10-15 mins. Tip in half the olive oil and half the butter, and continue to fry the mushrooms until golden. Remove to a bowl using a slotted spoon.

2 Add the onion and remaining oil to the pan and fry for 10-12 mins over a medium-low heat until softened but not golden. Stir in the garlic and cook for 1 min before tipping in the rice. Fry until the edges of the rice turn opaque.

3 Pour in the wine and season well with salt and freshly ground black pepper. Fry for a few minutes until absorbed. Gradually add the stock, a ladleful at a time, stirring until absorbed. Once the rice is just tender and the stock has been absorbed (you may need a little less or add a little extra hot water if you need more), remove from the heat and stir in the cooked mushrooms, parmesan and remaining butter. Serve with extra parmesan, if you like, and some freshly ground black pepper.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING 563 kcal • fat 21g • saturates 10g •
carbs 70g • sugars 6g • fibre 6g • protein 14g • salt 1.1g

tip

Make your own mushroom stock

Pour 1 litre water over **50g fried porcini mushrooms** and leave to soak for 20 mins before straining into a bowl or jug – reserve the porcini mushrooms and add to the risotto.

Using other mushrooms

If you have king oyster, cut them in half lengthways and score a criss-cross pattern into the flesh. If you don't have enough wild mushrooms, bulk them out with some chestnut mushrooms instead.

SOW AND GROW

How to grow mushrooms

- You can buy mushroom spawn to grow in beds or boxes filled with manure or compost. Alternatively, choose a mushroom-growing kit, which usually includes the spawn and growing media (such as wood shavings or straw).
- Mushrooms are best grown under cover, where temperature and moisture can be controlled. A shed, garage, garden cold frame or cellar will work well – anywhere out of the sun where it's possible to give mushrooms their optimum growing temperature of about 15C.



Maple pear, pecan & mascarpone roulade

autumn harvest

When orchards and hedgerows fill with apples, pears and berries, it's time to get baking



Caramel pear blondies

Caramel pear blondies

Bake these blondies for a teatime indulgence. They have a biscuity flavour that comes from browning the butter, which complements the mellow sweetness of the pear.

MAKES 12 PREP 10 mins
COOK 40 mins EASY V

250g unsalted butter, cut into cubes, plus extra for the tin
3 large eggs
275g light brown soft sugar
25g dark brown muscovado sugar
1 tsp vanilla bean paste
200g plain flour
1 tsp baking powder
100g dried pears, roughly chopped
100g dark chocolate, roughly chopped
3 tbsp caramel, from a can or jar

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 20 x 20cm square cake tin.

2 Melt the butter in a saucepan over a medium heat, swirling it around. Allow to bubble for a few minutes,

or until it turns a light golden brown and smells biscuity. Remove from the heat and leave to cool a little.

3 Tip the eggs into a large mixing bowl and whisk together with the light and dark sugars until just combined. Whisk through the melted brown butter, vanilla and 1 tsp fine sea salt.

4 Gently fold through the flour, baking powder, dried pears and most of the chocolate chunks, being careful not to overmix (this will make the blondies dense).

5 Pour the mixture into the lined tin. Top with the remaining chocolate and dollops of the caramel. Put in the centre of the oven to bake for 40 mins, or until a skewer inserted comes out with sticky crumbs (it shouldn't be wet). Leave to cool completely in the tin. It will sink a little – the centre should be slightly squidgy. Cut into 12 squares. *Will keep in an airtight container for up to three days.*

PER SERVING 413 kcals • fat 23g • saturates 14g • carbs 46g • sugars 32g • fibre 2g • protein 5g • salt 6g

Maple pear, pecan & mascarpone roulade

Pecans and maple syrup are a classic combination taken to the next level here with fresh, juicy pears, and a light-as-air sponge. While this dessert has showstopping looks, it's easier to make than you might imagine.

SERVES 8-10 PREP 45 mins
plus cooling COOK 15 mins
EASY V

vegetable oil, for the tin
4 large eggs
1 tsp vanilla extract
50g golden caster sugar
50g light brown soft sugar
100g plain flour
1 tsp baking powder
½ tsp ground cinnamon
icing sugar, for dusting

For the filling

3 small ripe pears, peeled, cored and chopped into 1cm pieces
1 lemon, juiced
250g mascarpone
150g double cream

5 tbsp dark maple syrup, plus extra to serve (optional)
200g pecans

1 Heat the oven to 180C/160C fan/gas 4. Oil a 30 x 24cm swiss roll tin and line with baking parchment. Put the eggs, vanilla and both sugars in a large bowl, and beat with an electric whisk for 5 mins, or until thickened and doubled in volume. The beaters should leave a thick trail when lifted out of the mixture.

2 Sift over the flour, baking powder, cinnamon and ¼ tsp salt, and very gently fold in using a large metal spoon. Pour into the prepared tin and bake for 10-15 mins until golden and springy. Leave to cool in the tin a little, then turn out onto a sheet of baking parchment dusted with icing sugar. Roll up from a longer end, along with the parchment, then leave to cool.

3 Toss the pears with the lemon juice in a bowl, then tip into a sieve set over a bowl to drain off any excess liquid. Beat together the mascarpone, double cream and

3 tbsp of the maple syrup until thick and spoonable – don't overbeat or the cream will split. Tip the pecans into a food processor and blitz until finely chopped, then spread out on a large sheet of baking parchment.

4 When the sponge is completely cool, unroll and drizzle over the remaining maple syrup. Spread with three-quarters of the mascarpone mixture, then scatter over the pears and roll up again tightly. Spread the remaining mascarpone all over the outside of the roulade, then swiftly roll in the chopped pecans. Cut into thick slices and serve with an extra drizzle of maple syrup, if you like.

PER SERVING (10) 483 kcals • fat 36g • saturates 14g • carbs 30g • sugars 22g • fibre 3g • protein 8g • salt 0.4g



Plum & apple cobbler

Slide this pud in the oven before the Sunday roast has come out to maximise your energy efficiency. (The topping can be used on any stewed seasonal fruit.)

SERVES 8-10 PREP 45 mins

COOK 40 mins EASY V *

100g butter, cubed
100g golden caster sugar
2 vanilla pods, seeds scraped out
700g firm plums, stoned and roughly chopped
300g Braeburn apples, peeled, cored and chopped
1 tsp cinnamon
clotted cream, to serve (optional)
For the cobbler topping
1 egg

100ml milk

140g cold butter, cut into cubes

280g plain flour

140g golden caster sugar

½ tsp cinnamon

1 tbsp baking powder

2 tbsp demerara sugar

1 Put all the ingredients for the fruit filling in a saucepan. Cook over a low heat, stirring until the butter has melted and the sugar has dissolved, then leave to simmer until you have a chunky fruit compote. Set aside.

2 Heat the oven to 190C/170C fan/gas 6. For the topping, whisk the egg into the milk and set aside. Rub the butter and flour together in a bowl until it has the texture of chunky breadcrumbs, then stir in the caster

sugar, cinnamon, baking powder and a large pinch of salt. Pour in the milk mixture and bring together to form a thick, batter-like texture.

3 Tip the compote into a baking dish and top with large spoonfuls of the cobbler mix, making sure there are a few gaps for the fruit to bubble through, then sprinkle over the demerara sugar. Bake for 35-40 mins or until the topping is golden and just cooked through. Remove from the oven and leave to rest for 5 mins before serving straight from the dish with generous spoonfuls of clotted cream, if you like.

PER SERVING (10) 454 kcal • fat 21g • saturates 13g • carbs 60g • sugars 38g • fibre 3g • protein 5g • salt 0.8g



Spiced apple & blackberry hand pies

SERVES 6 **PREP** 30 mins plus chilling
COOK 30 mins **EASY** **V** *****

2 cooking apples, peeled, cored and cut into small pieces
50g golden caster sugar
150g blackberries
1 tbsp cornflour
1 tbsp honey
1 tsp cinnamon
2 x 320g shortcrust pastry sheets
1 egg, beaten
1 tbsp white caster sugar
custard, to serve (optional)

1 Put the apples and golden caster sugar in a saucepan with 2 tbsp water and cook, covered, for 6 mins or until the apples are soft, stirring once or twice. Tip the mixture into a shallow dish and spread out to cool slightly, then tip in the blackberries and stir. Mix the cornflour with the honey and cinnamon in a separate bowl, then stir it into the fruit mixture.

2 Unroll the pastry sheets and, using a 10cm round cutter, cut out 12 circles. Spoon the fruit filling onto half of the pastry circles, leaving a border of about 1cm around the edge. Brush some beaten egg around the edges and place a plain pastry disc on top to encase the filling, then make little dents in the top and bottom to form an apple shape. Seal the edges all the way around using the prongs of a fork, then brush with more egg. Use the pastry offcuts to cut out little leaf shapes and stalks, if you like, then stick them on with more beaten egg. Poke a steam hole in the top with a skewer. Repeat with the remaining pastry and filling. Arrange the pies on a baking sheet lined with baking parchment and chill for at least 30 mins, or up to 24 hrs. *Will keep frozen, unbaked, for up to two months.*

3 Heat the oven to 200C/180C fan/gas 6. Bake the pies for 20 mins, or until the pastry is golden. *If cooking from frozen, bake for an extra 5 mins.* Sprinkle with the sugar, then leave to cool for 20 mins before serving with custard, if you like.

PER PIE 692 kcs • fat 34g • saturates 13g • carbs 85g • sugars 43g • fibre 6g • protein 8g • salt 0.6g



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BRITAIN'S REGIONAL HEROES

Bath buns

Hailing from the Roman city, this bake is served with jam, cream and a pot of tea

recipe BRIONY MAY WILLIAMS photograph MYLES NEW

First appearing in the 18th century, Bath buns are often credited to Dr William Oliver, who served them to his patients for nourishment. (He eventually replaced them with less fattening crackers called Bath Olivers.) The dough is enriched with butter and eggs, and sometimes includes dried fruit. They're finished with a sprinkling of crushed sugar or sugar pearls, and traditionally served with tea. Bath resident Jane Austen was said to be a fan.

MAKES 12 **PREP 20** mins plus
2 hrs proving **COOK 20** mins **V**

300ml whole milk
3 medium eggs
600g strong white flour, plus extra for dusting
120g unsalted butter, softened
80g golden caster sugar
7g sachet fast-action dried yeast
sunflower oil, for proving
clotted cream and jam, to serve
For the glaze & topping
40g golden caster sugar
1½ tsp caraway or fennel seeds
2 tbsp white sugar pearls, or 3 white sugar cubes, crushed

1 Warm the milk in a small pan over a low heat until just steaming, then leave to cool for about 15 mins until cool enough to touch. Beat 2 of the eggs into the warm milk. Tip the flour into a bowl, then rub in the butter using your fingertips to a breadcrumb-like texture. Mix in the

sugar and 1 tsp salt. Stir in the yeast, then make a well in the centre. Stir in the milk and egg mixture using a wooden spoon to create a sticky dough. Tip onto a floured surface and knead for 10-15 mins until smooth, or use a stand mixer with a dough hook and knead for 5 mins. Put in an oiled bowl and cover with a tea towel. Leave to prove for 1 hr, or until doubled in size.

2 Line two baking trays with baking parchment. Tip the dough out onto a floured surface and knock out the air, then divide into 12 pieces, weighing for accuracy if you like (about 100g each). Shape into balls and arrange on the baking trays, well spaced apart. Cover with tea towels and leave to prove for 1 hr.

3 Heat the oven to 200C/180C fan/gas 6. Beat the remaining egg and brush it all over the buns. Bake for 20-25 mins until risen and golden brown. Put on wire racks to cool.

4 To make the glaze, put the golden caster sugar in a mug with 20ml boiling water from the kettle and mix until the sugar has dissolved. Crush the caraway or fennel seeds using a pestle and mortar.

5 While the buns are still warm, brush over the sugar glaze, then sprinkle over the sugar pieces and crushed seeds. Enjoy warm with clotted cream and jam, or leave to cool first. *Once cool, will keep for 48 hours in an airtight container.*

PER BUN 339 kcal • fat 11g • saturates 6g • carbs 50g
• sugars 13g • fibre 2g • protein 9g • salt 0.5g

Briony was a semi-finalist on 2018's *Bake Off*. She's now a presenter on BBC One's *Escape to the Country* and *Morning Live* and BBC Two's *Coast to Coast Food Festival*.



Shoot director and stylist LAURIE NEWMAN | Food stylist HELEN UPSHALL

Reclaim your
weekend
Bake a regional hero



Learn something new

Get confident cooking rice, add smoky charred leeks to your repertoire and try an Indian-inspired roast chicken

Test kitchen secrets

Helena Busiakiewicz, our food content creator, reveals all there is to know about rice

There are over 40,000 known varieties of cultivated rice from around the world, which makes a lot of sense, as it's a main source of carbohydrates for more than half the world's population. Rice is naturally gluten-free, and when we eat it, we are eating the seed of the plant. The earliest archaeological evidence of rice being grown dates all the way back to 5000 BCE. And yet, many in the western world still worry they're cooking it wrong. There is myriad advice on how to cook and prepare rice, but the key thing is to make sure you wash it thoroughly. Washing it means

you get rid of the starchy coating, leading to fluffier cooked rice. However, this isn't universal advice. For dishes like risotto or rice pudding, you wouldn't wash the rice – the starch released during the cooking process helps emulsify with the other ingredients and create creaminess. White rice and brown rice are in fact the same plant, but white rice has the outer bran and germ removed during processing, whereas brown rice keeps both. The bran and germ are incredibly nutritious, full of fibre and contribute to brown rice's nutty flavour.



Do you really need... *a dariole mould?*

The case for using dariole moulds, also known as individual pudding basins, depends on what you're making. If they're called for in a dessert that's set in the fridge and turned out, like a panna cotta, crème caramel or summer pudding, then anything that has a similar shape, like a teacup or ramekin, can replace them. For dishes that are steamed or baked, like an old-fashioned steamed pudding or sponge, only a dariole mould will do.



#socialskills

Our tip of the month from the online world

Charred leeks

Leeks are at their peak right now, and we love the way Good Food contributor Melissa Thompson cooks them on her Instagram, [@fowlmouthsfood](#). Whole leeks are charred on a barbecue (this could be done on a griddle pan or an open



flame) until black on the outside and softened. The leeks are left to cool and the charred layers are peeled away. You are left with a smoky, tender leek that can be dressed as it is or used as a flavour-packed ingredient for another dish.

The vegetable butcher

Celeriac steaks

Turn this hearty vegetable into a thick, 'meaty' steak



1 Trim a small slice from the bottom of the celeriac so it sits steadily, and another from the top.



2 Stand the celeriac upright. With a chef's knife or small serrated knife held parallel to the celeriac, follow the contour of the vegetable and carefully slice or carve downward, cutting away the thick skin layer and crevasses on the bottom. Continue rotating and cutting until it's peeled – if not using straightaway, rub with half a lemon.



3 Lay the peeled celeriac horizontally on the cutting board. Use the knife to make even slices, approximately 2cm thick. You could now use a cutter to cut perfectly round steaks.

The celeriac steaks can now be roasted, pan-fried or barbecued and used in your recipe.



How to roast chicken like Brinder Narula

Executive chef at Northern Indian-inspired Kachori restaurant gives us his secret to succulent chicken



The key to making a succulent, mouth-watering, smoky roast chicken the

Indian way is

to marinate the bird for a minimum of 2-3 hours in yogurt, lemon juice, red chilli powder, ginger paste, garlic paste, onion paste, garam masala (freshly ground for the best flavour), salt and oil. This has a dual purpose: it packs flavour, but also tenderises the meat. There is no fixed time for marinating – it depends on the size of the bird and how long you've got – but the longer, the better. If you've

only got a few hours, marinate at room temp, but for any longer (or up to 48 hours), marinate in the fridge. This marinade is perfect for a barbecue, which gives the chicken a smoky tandoor flavour, but to oven roast, start it off really high – once you have achieved that lovely charred 'browning' on the outside, loosely wrap the chicken in foil, turn down the heat and continue to cook all the way through. Instead of gravy, I like to serve it with the roasting juices and a refreshing coriander and mint sauce.

[@kachori_london](http://kachorirestaurant.com)

Reclaim your
weekend
Take it to the
next level

Aubergine

WHY

This iconic Italian bake dates back centuries, though whether it originated in Naples or Sicily is still a matter of debate. In any case, only a handful of simple ingredients are needed to create this delicious dinner – and our recipe can be scaled up to make a second batch for the freezer.

SERVES 4-6 PREP 1 hr plus
draining **COOK** 2 hrs
EASY V * !

WHAT TO BUY

olive oil, for frying
4 garlic cloves,
finely chopped
2 rosemary sprigs
large bunch of basil
2 x 400g cans finely
chopped tomatoes
175ml red wine
4 large aubergines (1.2-1.5kg)
1 large slice of white sourdough
bread (about 85g)
85g finely grated parmesan
and/or pecorino, or vegetarian
alternatives
250g mozzarella, patted dry
and thinly sliced

CREAM OF TOMATO

Finely chopped canned tomatoes are usually labelled 'polpa'. You can also pulp whole canned plum tomatoes through a mouli, or strain and finely chop by hand.

GO BOOZE-FREE

While red wine creates a more robust sauce, it's not essential. If you prefer to skip it, use the same amount of water so the sauce can still cook down without becoming too thick.



Silvana Franco is a food writer, stylist and presenter with more than 30 years of experience and several cookbooks to her name. She grew up in Derby in a "food-centric Italian family". @silvana.franco.food

parmigiana

Master this classic Italian comfort food with Silvana Franco's foolproof recipe

photograph FACUNDO BUSTAMANTE

FRY OR GRILL

Aubergines become softest and juiciest through frying, but you could also brush the slices with oil and grill until browned and cooked through.

TOUCH OF SPICE

Add a teaspoon of dried fennel seeds along with the garlic and herbs for a sweet, mellow flavour that works beautifully with tomato and aubergine.

HARD CHEESE

Freshly grated parmesan or pecorino provide depth. If you have both, combine the sweet, creamy nuttiness of parmesan with the salty tang of pecorino for maximum flavour.

MELTING MOZZARELLA

Most mozzarella will do a perfectly good job here, but fior di latte melts beautifully without any seepage.

HOW TO MAKE IT

1 Heat a splash of the oil in a saucepan over a medium heat and fry the garlic, rosemary and a sprig of basil for 1 min. Add the tomatoes and wine, and bring to a simmer. Partially cover the pan with a lid and bubble for 45 mins-1 hr until the mixture has reduced by half and thickened. Add splash of water if you need to loosen it a little.

2 Meanwhile, cut the aubergines into 1cm-thick rounds, layering them in a large colander and sprinkling lightly with salt as you go. Set aside for 30 mins.

3 Tear the bread into the smallest pieces you can manage, then mix with 1 tbsp each of the olive oil and grated hard cheese.

4 Rinse the salted aubergines under cold water and pat dry using a tea towel. Heat a few millimetres of olive oil in a large frying pan over a medium heat and cook the aubergine slices in batches for 2-3 mins on each side until golden brown and cooked through, adding a splash more oil as needed. Set aside to drain on kitchen paper.

5 Heat the oven to 190C/170C fan/gas 5. Taste the tomato sauce for seasoning, then spread a little over the base of an ovenproof baking dish (ours was 20 x 30cm). Arrange a layer of the aubergines over the sauce, then top with a few basil leaves and a scattering of both cheeses. Continue to layer, finishing with tomato sauce and reserving a few whole basil leaves.

6 Sprinkle over the seasoned bread chunks and bake for 30 mins until bubbling and golden brown. Grind over some black pepper and scatter over a few more basil leaves just before serving. *Once cool, will keep covered and chilled for up to three days or frozen for up to three months.*

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day

PER SERVING (6) 309 kcs • fat 15g • saturates 9g • carbs 16g
• sugars 9g • fibre 7g • protein 18g • salt 0.8g

kenza

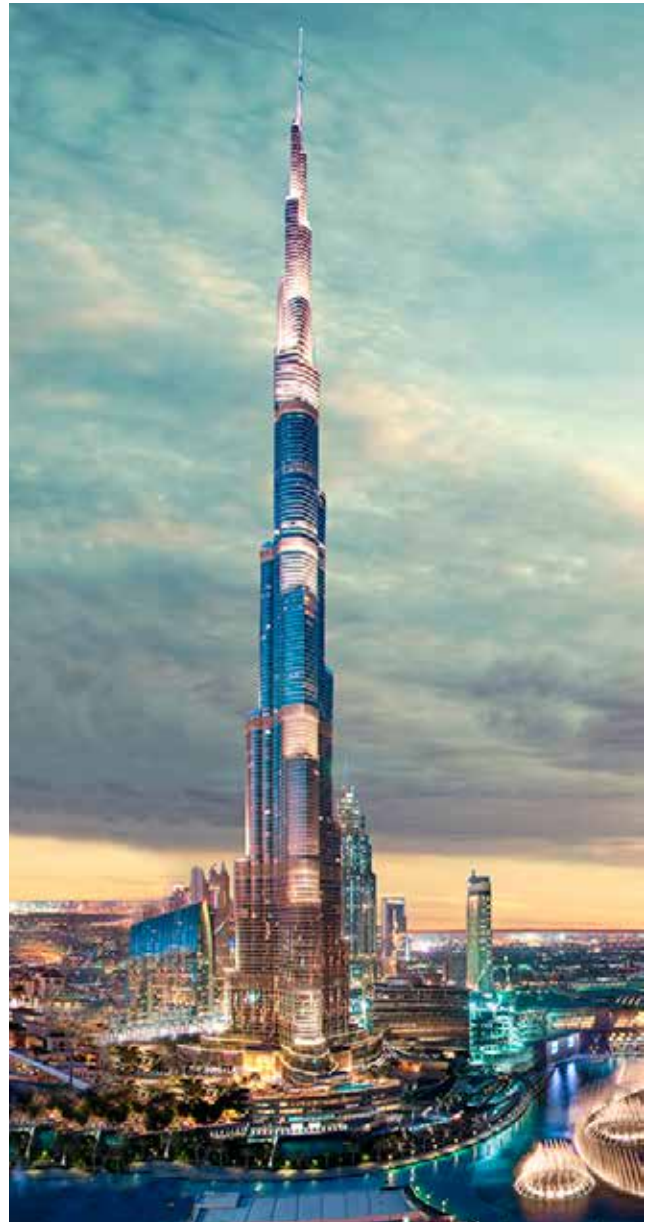
There's nothing better than
good food & ———
beautiful views



A secret spot carved into the hustle and bustle of Downtown Dubai, Kenza serves up a large variety of dishes, ranging from European classics with a modern twist to traditional Arabic dishes for a taste of the Gulf. Whether you'd like to experience the spice and excitement of Arabic food or feel at home with your favorite comfort foods, Kenza will have you covered.

Best-sellers like Lamb Chops, Chicken Kabsa, and Lamb Kofta are all made using sustainably and locally purchased produce, cooked over charcoal in a traditional modest manner, resulting in authentic, from-the-heart dishes with bursts of Arabic flavor. With an entire section of the menu dedicated to food from the Gulf, Kenza pays special attention to the impact of Arabic traditional food.

But Kenza doesn't just stop at Gulf-based food, the International mains serve up cuisines from all over the world. Classics like an American Ribeye Steak or Pan Grilled Atlantic Salmon are rivaled by Indian favorites of Butter Chicken and a variety of Biryanis and even Asian-inspired staples like Hakka Style Wok Tossed Noodles. An ideal way to meet with your friends while also ensuring that there's something for everyone.



Winter seasons in Dubai beckon for outdoor seating to enjoy the blissful weather, and Kenza's terrace seating will fill those cravings for the season. Outdoor barbecues and themed nights a plenty, there's always something different popping up.

Critically acclaimed for its New Year's Eve Gala Dinner, not only does Kenza boast delicious dishes, but also a stunning view of the world record-breaking Burj Khalifa and the dancing Dubai Fountains, making it the perfect place to enjoy dinner with a free show. For residents and tourists alike, there's no dining destination quite like Downtown Dubai, and Kenza offers an apt balance between the sparkle of Downtown and the coziness of home.

AGRA ME 2023:

BRIDGING INNOVATION AND AGRICULTURE FOR A SUSTAINABLE FUTURE

Agra Me, the premier international agriculture and agribusiness exhibition, is thrilled to announce the return of its highly anticipated event in 2023. This year's expo promises to be a groundbreaking convergence of cutting-edge technology, sustainable practices, and industry expertise, aiming to shape the future of agriculture for a more resilient and sustainable world.

The EU Financed campaign EU Fresh Fruit Gift participated in the AGRA ME 2023 expo where the visitors had the opportunity to meet representatives of the participant organizations at Booth No H4-P032, at the Dubai World Trade Centre. At the booth the visitors were able to get informed about the superior quality European products, the strict superior quality and food safety production standards, and discuss the possibility of further business collaboration.

The EU financed campaign EU FRESH FRUIT GIFT aims to promote the European fresh cherries and blueberries from Greece and Romania to consumers in India, UAE and UK. The participant organizations are Agricultural Cooperative of Rachi Pieria "Agios Loukas" (AC Rachi) from Greece -coordinator and The Association of South Fruit Producers -FRUCTPROD from Romania.

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EU FRESH FRUIT GIFT

www.eufreshfruitgift.eu

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family

Let's have a picky tea

When everyone can help
themselves to their favourite
bits, it keeps fussy eaters
happy, plus you can use
up odds and ends

recipes CASSIE BEST
photographs WILL HEAP

*Olives stuffed with
feta work well in
this meze spread*





Meze spread

SERVES 4 **PREP** 5 mins

COOK 15 mins **EASY**

1 tsp olive oil
16-20 mini lamb or beef meatballs
1 tsp honey
4 flatbreads or pittas
200g pot hummus
50g pomegranate seeds
small bunch of mint, leaves picked
½ tsp sumac (optional)
2 tsp extra virgin olive oil

To serve (optional)

olives
tzatziki
falafels
chopped feta or fried halloumi
grated carrot
chopped tomatoes
sliced or crinkle-cut cucumber
lemon wedges

1 Heat the olive oil in a frying pan over a medium heat, then cook the meatballs, shaking the pan from time to time, until browned and cooked through, about 12-15 mins. Drizzle over the honey and shake the pan until well coated.

2 Warm the flatbreads or pittas, then spread over the hummus. Arrange the sticky meatballs on top, scatter with pomegranate seeds, mint leaves and sumac, if using. Drizzle over the extra virgin olive oil. Serve with your chosen accompaniments, including lemon wedges for squeezing over.

PER SERVING 521 kcals • fat 24g • saturates 4g • carbs 49g • sugars 6g • fibre 5g • protein 24g • salt 1.7g

*Falafels
make a great
meat-free
addition*

Pesto pasta spread

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

350g pasta, any shape you like
100g fresh pesto (vegetarian if needed)
100g crème fraîche
small bunch of basil, leaves picked
½ lemon, zested, plus a little juice
To serve (optional)
mini mozzarella balls
olives
rainbow cherry tomatoes, halved
garlic bread

thin-stemmed broccoli spears
or green beans

1 Cook the pasta following pack instructions. Drain and return to the pan with a splash of the water.
2 Add the pesto, crème fraîche, basil and lemon zest, plus a squeeze of juice. Season and mix well. Serve the pasta at the table with the accompaniments for everyone to add themselves.

PER SERVING 518 kcal • fat 22g • saturates 9g •
carbs 65g • sugars 3g • fibre 5g • protein 12g •
salt 0.6g



Sweet chilli chicken wrap spread

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

1 egg, beaten
2 tbsp milk
100g cornflakes
½ tsp garlic granules
½ tsp paprika
550g chicken mini fillets
2 tsp vegetable oil
4 flour tortilla wraps
¼ iceberg lettuce, finely shredded
¼ cucumber, finely sliced
4 tbsp mayonnaise
2 tbsp sweet chilli sauce
To serve (optional)
sweet potato wedges
corn-on-the-cobs
shop-bought spicy rice
coleslaw

1 Beat the egg, milk and some seasoning together in a shallow bowl. Pour the cornflakes into a second bowl and crush using your hands into small pieces. Stir in the garlic granules and paprika. Heat the oven or the air-fryer to 200C/180C fan/gas 4.
2 Dip each chicken fillet in the egg, then the cornflake mix, pressing the cornflakes into the chicken to help them stick. Arrange the chicken on a baking tray or in the air-fryer basket. Drizzle each piece with a little oil. Cook for 12-15 mins until golden and crunchy on the outside and cooked through in the centre. If cooking in the air-fryer, be careful not to overcrowd the basket – you may need to cook in batches.

3 Warm the tortillas in a griddle pan or in the oven for a few minutes. Put the lettuce and cucumber, mayo and sweet chilli sauce in bowls. Let everyone build their wraps at the table, adding their favourite extras to the plate.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 539 kcs • fat 20g • saturates 2g •
carbs 47g • sugars 7g • fibre 3g • protein 40g •
salt 1.4g





Can be
cooked
in an
air-fryer

Baked potato & tuna crunch spread

SERVES 4 **PREP 5 mins**
COOK 45 mins-1 hr 20 mins **EASY**

4 baking potatoes
drizzle of vegetable oil
4 tsp butter

For the tuna crunch

2 x 150g cans tuna in brine, drained
1 celery stick, finely chopped
1 small red onion, finely chopped
½ pepper, finely chopped
100g mayonnaise
1 tsp Dijon mustard
1 lemon, zested, plus a little juice

To serve (optional)

grated cheddar or mature crumbly cheese
coleslaw (to make your own, find a recipe at bbcgoodfoodme.com/coleslaw)
sliced spring onions
cucumber slices
radishes
crunchy dressed salad leaves

1 Pierce each potato a few times with a sharp knife. Rub with a little oil and season the skin with salt. Heat the oven or air-fryer to 200C/180C fan/gas 4 and cook for around 1 hr 20 mins in the oven or 45 mins in the air-fryer – you can reduce this time by up to half if you microwave the potatoes for 5 mins beforehand. They should be crisp on the outside and fluffy in the middle.
2 Meanwhile, make the tuna crunch. Combine the drained tuna with the celery, onion, pepper, mayo, mustard, lemon zest and juice. Season with plenty of black pepper.
4 Cut a cross in the top of each potato and add 1 tsp of butter to each one. Serve with a bowl of the tuna crunch salad, and a selection of your chosen accompaniments on the side.

GOOD TO KNOW healthy • vit c

PER SERVING 434 kcals • fat 25g • saturates 4g • carbs 33g • sugars 4g • fibre 5g • protein 17g • salt 0.7g

Honey & mustard sausage roll spread

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY**

1 tbsp Dijon mustard, plus extra to serve
2 tsp honey
325g pack ready-rolled puff pastry
6 sausages
1 egg, beaten
1 tbsp sesame seeds
To serve (optional)
boiled eggs
cornichons and pickled onions
crinkle-cut pickled beetroot
crunchy dressed leaves, celery, cherry tomatoes and radishes
cheese and chutney
ham or other cold cuts
bread and butter

1 Heat the oven or air-fryer to 200C/180C fan/gas 6. Mix the mustard and honey together in a small bowl. Unroll the pastry sheet and cut it down the centre lengthways, so that you have two long strips. Brush the honey and mustard mixture down the centre of each piece of pastry.
2 Squeeze the sausages out of their skins and put the sausagemeat on top of the honey mustard mixture, reshaping it into two long sausage shapes running the length of the pastry. Brush the edges of the pastry with a little beaten egg, wrap the pastry around the sausagemeat, seal around the edges with a fork, then cut into roughly 5cm pieces.
3 Put the sausage rolls on a baking tray, sealed-side down, and brush the tops with more egg. Sprinkle with the sesame seeds and bake for 25-30 mins until golden brown and puffed up. Serve with extra mustard and your favourite sides.

PER SERVING 540 kcals • fat 37g • saturates 16g • carbs 33g • sugars 5g • fibre 3g • protein 17g • salt 2.6g



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in an
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health

Delicious recipes and top nutrition tips



5 healthy ideas
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glazed and flame-grilled

A colourful salad and low-sugar marinade give this barbecued chicken a nutritious boost

recipe SARA BUENFELD photograph TOM REGISTER

Healthy BBQ chicken

Skinless chicken breast is an excellent source of lean protein, as well as B vitamins and many important minerals. Coated in our low-sugar barbecue glaze, it's a lovely summer meal to eat outside. If you want to cook potatoes on the barbecue, wrap them in foil and start them ahead of the chicken, as they will take longer to cook.

SERVES 2 **PREP 12 mins** plus optional overnight marinating

COOK 15-18 mins **EASY**



4 skinless chicken breast fillets (about 760g)
125g passata
1 medjool date, stoned
2 garlic cloves
1 tbsp balsamic vinegar
1 tsp smoked paprika
½ tsp mustard powder
1 tsp olive oil, plus extra if frying
4 jacket potatoes, to serve (optional)

For the salad

2 avocados, peeled, stoned and cut into large wedges
½ lemon, juiced
4-6 tomatoes (depending on size), chopped

1 large yellow pepper, deseeded and finely chopped

1 red onion, finely chopped (160g)

20g coriander, chopped

1 Put the chicken fillets in a food bag or between two sheets of baking parchment, and bash lightly with a rolling pin until they are an even thickness – avoid making them too thin. Put in a large shallow dish.

2 Pour the passata into a large bowl along with the date, garlic, balsamic, paprika, mustard powder and oil. Blitz using a hand blender until smooth, then pour over the chicken, turning it several times to ensure it's well coated. Cook straightaway as directed below, or cover and chill to marinate overnight.

3 Cook the chicken on a barbecue over ashen coals for 6-7 mins on each side, or fry in a non-stick pan over a medium-high heat with a drizzle oil for 6-7 mins each side until cooked through. Toss the salad ingredients together in a bowl and serve with the chicken and jacket potatoes, if you like.

GOOD TO KNOW healthy • low cal • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 488 kals • fat 18g • saturates 4g • carbs 15g • sugars 13g • fibre 7g • protein 49g • salt 0.2g





5 healthy ideas

harissa

Vibrant and warming, this chilli paste adds a kick to these dishes

Chickpea salad

SERVES 6 PREP 10 mins
NO COOK EASY V

Mix a **400g can chickpeas**, drained, a **small bunch each of coriander and parsley**, **1 sliced red onion**, **2 large chopped tomatoes**, **2 tbsp olive oil**, **2 tbsp harissa** and the **juice of 1 lemon** together in a large bowl. Lightly mash so the chickpeas are a bit rough around the edges, which will help them absorb the dressing. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW vegan • healthy • vit c • 1 of 5-a-day • gluten free

PER SERVING 111 kcal • fat 5g • saturates 1g • carbs 10g • sugars 4g • fibre 4g • protein 4g • salt 0.9g

Spicy harissa chicken with lentils

SERVES 4 PREP 10 mins
COOK 45 mins EASY

Heat **1 tbsp olive oil** in a frying pan over a low heat and fry **1 chopped large red onion** for 5 mins. Add **1 crushed garlic clove** and cook for 1 min more. Stir in **50g harissa** and **500g diced chicken thighs**, and cook until well browned. Stir in **1 grated carrot**, **200g dried puy lentils** and **2 x 400g cans chopped tomatoes**, then add **1.2 litres vegetable stock**. Reduce the heat and cook, uncovered, for 30-35 mins until the chicken is cooked through and the lentils are tender. Season well, scatter over **10g chopped parsley** and serve.

GOOD TO KNOW healthy • low cal • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 440 kcal • fat 13g • saturates 3g • carbs 36g • sugars 11g • fibre 10g • protein 39g • salt 1.3g

Butternut hummus

SERVES 6 PREP 10 mins
COOK 45 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Put **400g butternut squash**, peeled and cut into 2cm pieces, and **3 unpeeled garlic cloves** in a roasting tin. Season and add 100ml water. Cover with foil and bake for 45 mins. Leave to cool. Tip the squash into a food processor with any roasting juices. Add the garlic cloves, squeezed out of their skins, **2 tbsp olive oil**, **3 tbsp tahini paste**, **1 tbsp harissa** and a **400g can chickpeas**, drained and rinsed. Season and blend to a paste. Scrape into a bowl and drizzle over extra harissa to serve.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day • gluten free

PER SERVING 164 kcal • fat 9g • saturates 1g • carbs 12g • sugars 3g • fibre 5g • protein 5g • salt 0.05g

Harissa couscous

SERVES 10 PREP 5 mins
COOK 5 mins EASY V

Tip **400g couscous** into a heatproof bowl. Add a **bunch of sliced spring onions**, **3 tbsp chopped mint** and **250g halved cherry tomatoes**. Pour over **400ml hot vegetable stock** mixed with **1 tsp harissa**, stir and cover. Leave for 5 mins, then add **3 tbsp olive oil** and the **juice of 1 lemon**.

GOOD TO KNOW healthy
PER SERVING 195 kcal • fat 4g • saturates 1g • carbs 32g • sugars 2g • fibre 2g • protein 6g • salt 0.1g

Prawn & harissa spaghetti

SERVES 2 PREP 5 mins
COOK 15 mins EASY

Cook **100g long-stemmed broccoli** in a pan of boiling water for 1 min 30 seconds. Drain and set aside. Cook **180g dried wholemeal spaghetti**, then drain, reserving a ladleful of the water. Heat **2 tbsp olive oil** in a large frying pan over a low heat and fry **1 lightly bashed garlic clove** for 2 mins. Remove with a slotted spoon and discard. Add **150g halved cherry tomatoes** to the pan and fry for 5 mins. Stir in **150g raw prawns** and cook for 2 mins. Stir in **1 heaped tbsp harissa** and the **zest of 1 lemon**. Toss in the spaghetti, reserved pasta water and the broccoli, season to taste and serve.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 511 kcal • fat 13g • saturates 2g • carbs 72g • sugars 6g • fibre 7g • protein 22g • salt 0.9g

Prawn & harissa spaghetti



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Gourmet lifestyle



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Seaside Sojourn

Experience an indulgent getaway at The Cove Rotana Resort, Ras Al Khaimah







Situated in a tranquil inlet along the pristine beachfront, The Cove Rotana Resort delivers an unforgettable luxury getaway. This esteemed five-star retreat seamlessly melds world-class dining, recreational offerings, and conference facilities with the charm of Arabia. It caters to a range of guest needs, whether it's a memorable family vacation, a revitalising staycation, or a convenient home for business travellers and corporate groups. The resort's strategic location, near the city centre, Ras Al Khaimah International Airport, and prominent local attractions, ensures easy access to desired destinations.

The Cove Rotana Resort offers 349 elegant and welcoming rooms gracefully perched on the hillside. These rooms provide a comfortable and restful haven for couples or solo travellers. Additionally, the resort boasts 39 lavish villas available in one, two, or three bedrooms. Irrespective of your preference, each accommodation type is thoughtfully designed, guaranteeing a home-away-from-home experience during your stay.

ACCOMMODATION

Perched strategically on a hill, the Sea View Two-Bedroom Villa provides an ideal escape from the

daily grind with its captivating panoramic view of the Arabian Gulf, characterised by its striking shades of blue and green, and serene location. The villa's Nubian-inspired interior design blends traditional aesthetics with contemporary comforts, resulting in a unique and inviting ambience featuring earthy tones, wooden accents, and traditional artwork that create a relaxing and culturally rich atmosphere.

The villa comprises two spacious bedrooms, including a master bedroom with a king-sized bed and another with twin beds. The abundant natural light in the living room imparts a sense of openness and tranquillity. Amenity-wise, the accommodation is well-appointed with modern amenities such as a 32-inch LCD TV with multi-lingual satellite channels, while daily housekeeping, well-stocked mini bar, and in-room safe enhances guest comfort.

The villa also hosts a private plunge pool, offering a perfect spot for relaxation with a breathtaking sea view.

CULINARY HIGHLIGHTS

Whether your preference leans toward the casually sophisticated ambience of the Basilico Mediterranean Restaurant or the

extensive buffet teeming with international flavours at the Cinnamon all-day dining restaurant, the resort offers an array of gastronomic experiences. For those in search of more laid-back dining moments, complete with light snacks and rejuvenating beverages, a diverse array of enticing venues awaits, such as the Breeze Bar & Lounge, Breakers Beach Bar & Lounge, Laguna Bay Bar, Sunset Pool Bar, and Sunset Ice Café.

Our day commenced on a truly enchanting note as we indulged in a sumptuous brunch at Basilico. The experience unfolded with a mesmerising array of seafood delights, including Barracuda fish, oysters, Norwegian salmon, squid, prawns, and an assortment of meaty



specialties such as Beef sausage, veal sausage, Shish tawook, and more. Our gastronomic journey began with a savoury prelude as we relished the freshly prepared Lamb kofta and beef sausage, which were served hot at our table alongside our picks from the salad station, which offered an impressive array of options to cater to a diverse range of palates. We then tucked into the Aubergine and Mushroom frittata, Polla Alla Extremadura, and Salmon dumplings in a saffron-infused sauce.

A particular highlight not to be missed was the cheese station, featuring a selection of cheeses such as gouda, Edam, goat cheese, blue cheese, and more. Lastly, we concluded with an array of delectable desserts, including White & dark chocolate mousse, Mango passion fruit cake, Raspberry panna cotta, and vanilla bean ice cream.

The evening unfolded at The Club Lounge, showcasing a mesmerising ambience accompanied by the soothing sounds of the beach. We opted for an array of tantalising dishes, including Panko calamari

served with tantalising tartrate sauce and sweet chilli sauce. For our main course, we ordered the succulent Pulled beef tacos, accompanied by pico de Gallo, sour cream, and a salsa verde dip. Additionally, we relished the Breakers chicken avocado wrap, which featured cajun grilled chicken strips, creamy avocado, cream cheese, iceberg lettuce, red onions, coleslaw, and a side of golden French fries.

As we returned to our villa for the night, we indulged in some entertainment, streaming our favourite shows and perused through the in-room dining menu into the late hours. A highly-recommended dish would undoubtedly be the Lamb biryani, a traditional favourite complete with condiments including mint chutney, raita, chilli, onions, and pickles, which we enjoyed alongside a refreshing rose lemonade and mint fresca composed of lemon, mint, and orange. The following morning took us to Cinnamon for a hearty breakfast.

The sprawling buffet at the venue skillfully combines a variety of international dishes from Europe, the

Middle East, and Asia, creating a rich culinary experience. Our morning commenced with a refreshing selection of fresh juices, including orange, pineapple, watermelon, and apple. The buffet presented an enticing array of fresh fruits, savoury chicken sausages, delectable French toast, scrumptious pancakes, vibrant vegetable fried rice, an expansive salad station, and an assortment of freshly baked bread and pastries for the perfect start to our day.

FACILITIES

The destination boasts a wide range of amenities to cater to every guest's needs, including two stunning infinity pools with panoramic ocean views and a private 600-metre secluded beach for sunbathing and leisurely walks along the pristine shores.

The resort further hosts the Bodylines Fitness & Wellness Club, a haven for health enthusiasts. The fully-equipped gym beckons to those who wish to maintain their fitness routine, while the separate spa facilities, featuring four luxurious

massage rooms, promise serenity and rejuvenation. Families are in for a treat with a dedicated children's pool and an abundance of water sports to make memories together. Whether it's boot camp, boxing, or a myriad of fitness activities, there's something for everyone. And don't forget about Flipper's Kid's Club, an ideal place for youngsters to play and make friends.

Embarking on a journey into the world of relaxation at Planet Spa, we were greeted with the unique opportunity to choose from a range of aromatic oils, including almond, lavender, lemon mint, and more. Planet Spa's 50-minute Anti-stress massage is a gateway to tranquillity, which my family thoroughly loved. Meticulously designed to alleviate tension, this expertly crafted treatment, performed by skilled therapists, guides the guest into a state of pure bliss.

On the other hand, I was recommended the Oriental massage, taking the relaxation journey to an even higher level of serenity. The tailored spa body massage treatments cater to the specific requirements of each individual with precision. Through the application of gentle and firm strokes, kneading, and soothing manoeuvres, stress effortlessly dissipated, leaving us with a rejuvenated and relaxed sensation upon departure. Whether one seeks deep tissue work, reflexology, or a gentle relaxation massage, the therapists excel in customising the experience to meet unique needs.

BOOK NOW

The Sea View Two-Bedroom Villa is available from AED2,383 per night. Visit rotana.com/rotanahotelandresorts/unitedarabemirates/rasalkhaimah/thecoverotanaresort.



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BRUNCH AROUND THE WORLD FOR TWO AT THE RETREAT PALM DUBAI MGallery BY SOFTEL, WORTH AED600



Located on the pristine shores of Palm Jumeirah, The Retreat Palm Dubai MGallery by Sofitel hosts "Brunch Around The World" at its signature restaurant, Vibe. This gastronomic journey features a

diverse menu that spans the globe, from Cheese wheel risotto to Shawarma, Thai curry, BBQ grills, Tandoor, oysters, sushi, and desserts. Vibe provides a warm and inviting atmosphere for both casual and upscale dining, making it an unparalleled culinary experience in the heart of Dubai.

DINING VOUCHER AT BEBEK, WORTH AED500



Nestled in the warm embrace of Jumeirah Three, Bebek emerges as a culinary masterpiece seamlessly blending

traditional Turkish flavours with a global culinary twist. Throughout the day and night, an exquisite fusion takes centre stage, inviting guests on a sensory voyage that is sure to captivate every discerning diner. Bebek's menu is a masterpiece of culinary curation, offering a wide range of flavours meticulously crafted to perfection, emphasising quality and customisation for an exceptional dining experience. Menu highlights include Bebek's signature burger, Lamb rack, Lamb skewers, 4 Fromages pizza, Serpme breakfast, and Baklava.

DINING VOUCHER FOR SENOR PICO AT PALM WEST BEACH, WORTH AED500



A compelling fusion of sandy shores, ocean views, delectable cuisine, handcrafted libations, and a breathtaking beachfront panorama elevates the dining experience at Señor Pico, a Mexican-

American restaurant. Picture alluring dips, mouthwatering tostadas, invigorating ceviches, steaming tamales, traditional churros, and more, complemented by an array of distinctive beverages. Adorned with captivating decor and set against the lively backdrop of the beach, anticipate an exuberant atmosphere amid unparalleled vistas of Ain Dubai, Dubai Harbour, and the Marina.

DINING VOUCHER AT KATA, WORTH AED500



Embrace the one-year milestone of KATA Dubai Mall this November, offering you the opportunity to relish

contemporary Japanese cuisine with breathtaking views of the Dubai Fountain and Burj Khalifa. Whether you prefer lunch or dinner, you can savor an array of signature dishes including the Creamy seaweed salad, Truffle wagyu tartar, Chilean seabass, Chicken katsu sando, and the Ballonium dessert, all complemented by an exquisite selection of beverages.

AFTERNOON TEA FOR TWO AT THE RETREAT PALM DUBAI MGallery BY SOFTEL, WORTH AED500



Embark on a sensory voyage to pure bliss as meticulously chosen afternoon tea delights elevate your leisurely moments into a captivating blend of taste and elegance, offering a diverse array of global flavours. Discover a

thoughtfully curated selection of the finest teas, each artfully paired with a range of exquisite treats.



DINING VOUCHER AT SHARJAH BEACH CLUB, AED500

Lafeef, an acclaimed restaurant located within the Sharjah Ladies Club, is renowned for its fusion cuisine and inviting ambiance. The menu is a fusion of modern and traditional culinary creations, featuring dishes like oven-baked Sea bass with ratatouille, baked Spinach cannoli, an array of Arabic mezza options, and an inventive Surf and turf burger. Those with a penchant for sweets can relish desserts such as the Lime and lemon crème brûlée tart, Sticky date pudding, and more. Nestled in an ideal location offering panoramic views of the Arabian Gulf coastline, Lafeef provides the perfect setting for casual breakfasts, luncheons, business meetings, or special celebrations. Every visit guarantees a delectable dining experience, set against the backdrop of the vast beach horizon.

DINING VOUCHER FOR QWERTY'S CHRISTMAS DINNER, WORTH AED500



Presenting an authentic culinary experience inspired by the classic business centers of the United Kingdom's major cities, Qwerty, the renowned restaurant and bar at Media One Hotel, introduces its

three-course set menu with a unique twist for the festive season. Running until December 25, experience an elegant sit-down dinner offering an array of starters such as Turkey breast roulade, Butternut squash soup, and Halloumi with figs & pomegranate salad. Transitioning to the main courses, diners can savour options such as Mushroom wellington, Beef wellington, and Pan-seared salmon. To conclude on a sweet note, guests can indulge in a selection of delectable desserts.

DINING VOUCHER AT JONES THE GROCER, WORTH AED500



Jones the Grocer introduces their latest menu with a professional touch, skillfully reimagining traditional dishes and rekindling popular customer choices. This fresh menu is a treasure trove of inventive culinary creations across all

categories, spanning from appetizers to desserts. Anticipate a dining experience that's sure to leave a lasting impression, as they seamlessly fuse global and local ingredients to craft a diverse array of flavors that explode with every bite.



ENJOY A POLO AFTERNOON TEA AT MELIA DESERT PALM, WORTH AED500

Experience the thrill of witnessing a polo match seamlessly interwoven with the refinement of partaking in a classic afternoon tea at Melia Desert Palm. Situated a mere twenty minutes away from Downtown, within the sprawling expanse of a 64-hectare polo estate, the hotel's design and ambiance gracefully unite the rich cultural legacies of Latin and the UAE. Relish the outdoor while indulging in a delectable assortment of scones, finger sandwiches, bagels, freshly baked pastries, and desserts. Complementing these culinary delights is a diverse selection of teas, all accompanied by a welcoming glass of bubbly upon your arrival.



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